

FOOD ALLERGIES



Intuitive Mentor



Food & Allergies

Let's talk about pure food and allergies. I believe that having allergies means we have emotional issues.

So let's go on a journey. Let go. Open your ears. Open your consciousness.

Open your heart and let me take you on a little journey... so you can more easily let go of your allergies.

I believe that allergies are undealt emotions, undealt traumas, undealt issues that we have not dealt with in our belly.



I see this part (belly) as being our emotional self. As a body therapist, we call it the entrance to the mind.

You know, when we eat too much food, we stuff down our emotions, to keep them stuck, because we do not want to feel our emotions.

My philosophy is that our belly is the residence of our emotions. Our lower self, our fears, our insecurities, our self-saboteur and the inner child all live, inside of us.

I am an inner child therapy and rapid behavioural transformation expert and can help release these trapped emotions.



Allergies are undealt issues. Or I sometimes call it 'shit', because it is also related to the fact that when we go to the toilet, when our system gets overloaded, we have issues in this area.

When you have undealt issues, you also may find that you eat a lot of dairy, milk, cheese and stuff like that because it comforts your inner child.

Does your inner child love cheese? If you had a lot of bread and white flower as a child you might find your comfort there. So the foods that comfort you may be the food that gives you an allergy.



Perhaps you had a lack of something in your childhood because you might never have had milk and cheese in your childhood, so today you might find comfort in that.

Cheese is also related to mother's milk, there's so many levels to look into.

What causes an imbalance in your system and in mine, is the fact that we eat something that is not compatible with our body.

So, your body vibrates at a high level.

We come to mother Earth and we eat food that is not compatible with our body or soul on a vibrational level.



If we don't meditate, take good care of ourselves, go out in nature and eat pure foods, the vibration of our body and our cells goes down.

The food we eat really affects us this way.

Allergies are where something in our body is not working properly at the high frequency.

So if we have an allergy, the best thing to do is the opposite of what we would normally do. We need to change our thinking.

We can think that eating only pure food will be enough.



Many people with allergies already eat pure food, and it will help the process, but we need to deal with the emotional blockages in our belly.

I hope you now see that your body is born with this beautiful high frequency and the food that we might eat will lower the frequency and vibration of our overall well-being. So one thing is to change our eating patterns.

Here comes the solution that can heal everything at once. There is a solution which heals our higher self and restores the strength in our soul that surrounds us. (Our aura).



It restores the balance in our mind, restores the balance in our heart and restores the balance at the emotional level. Look at a book called **The Medical Medium**.

The author, an intuitive psychic, **Anthony William**, decades ahead of his time, channelled knowledge about the body, food, spirit and mind. There is an index in the back of the book where he talks about angels, which can help us restore our faith in life.

So that book gives you the whole solution that you need. It helps your higher self and your soul. It helps you mentally, physically and emotionally.



You need to work on all levels as you can not only just fix your diet. It's not enough.

So do yourself a favour and buy yourself this book.

Find a lifestyle that suits you. I tried changing my lifestyle and after one week living on this diet, to the best I could. (I was not completely strict with myself). My fatigue disappeared. I barely ate carbohydrates, they are almost completely gone from my lifestyle now.

So following his steps to mastering all areas of your life spiritually, mentally, physically and emotionally, will help you so much.



You have to work on all four levels. Many of my clients throughout the years have loved this lifestyle change.

The thing is, when we have emotional issues, we also have eating difficulties or issues and many of us have had an eating disorder.

I also see that most people have a big resistance to changing their food.

Do you know why?

Because if we change the way we eat, we change everything when it comes to emotions, because eating and emotions are completely related.



So if you take the dairy out of your food (or your particular comfort food) and perhaps only eat it twice a month, you will get rid of an eating addiction which is also an emotional addiction. It's a pattern that you keep yourself stuck in.

I hope you gained some great knowledge from this eBook. Check out the book by Anthony Williams. The Medical Medium.

My last tip for you is to eat live foods. Eat fruit and vegetables. They have a high vibration. Eat food that grows and leave processed foods alone as they have a low vibration.



Eat fresh food because it is alive and it's going to restore you physically, emotionally, spiritually and mentally.

I hope you're inspired and be proud of yourself for taking the step to help your allergies. You will find more information in the GHE membership area.



This Ebook is a collaboration between Zanne Piilipson from Intuitive Mentor & Global Healing Exchange

