

SENSITIVITIES & ALLERGIES



Sensitivities & Allergies

Let's talk about sensitivities and allergies. When we are sensitive people we tend to have more allergies.

Why Is That?

Well, first of all our cells, our mitochondria, the centre of our cells, our nervous system, our hormonal system, our whole essence vibrates at a higher level.

So we hear more than other people, we feel more, we see things more clearly.



As a sensitive person, we are more in touch when the weather changes, when the planet changes, when noise get louder and when Mother Earth is changing the inner cores of her essence.

As a sensitive person everything will be more exposed, throughout life. It is normal for a sensitive person and there's nothing bad about that.

The fact is, when we have a system that vibrates at a higher frequency. We are much more exposed in a negative way to food that doesn't resonate with our system.



So food that is not organic has a heavier vibration and is harder to digest for your system (and for my system as well, as I am a sensitive person).

So the more we, as sensitive people eat dairy, cheese, milk, white rice, white potatoes, sugar, pasta, pills, alcohol, everything that is processed, we find it harder to digest.

This is one of the main reasons why we, sensitive people have more allergies than other people do. A food that might be easy to digest for a person who is not sensitive, is harder for a sensitive person.



Your system is created to regenerate and balance itself. You use a lot of strength during the day and when you sleep, you are built to regenerate.

If you overload your system during the day and stress your body with food and you don't get enough rest, you constantly go around in this overloaded, stressed out state.

During the night when your system is going to regenerate itself, it is not capable of doing that because you have overloaded your system with dairy, sugars, processed foods, pills, alcohol and stress.



These are things that are not digestible for our system as sensitive people.

So that's one of the reasons why we, as sensitive people have more allergies. What about other reasons for having allergies? Many people are so sensitive to food that they can't even have butter.

**I'm going to provoke you a little here
(with lots of love) ...**

**Listen to me with glasses filled with love,
and open your heart, because I do not
mean anything bad in what I am about to
say...**



If you have a lot of allergies, do you know where they start?

Your mind.... your physical system is constantly exposed but many people's allergies are **in the head.**

If you're that allergic that you can't have butter, you have a system that has been overloaded for many years, but not necessarily with unhealthy food but with your own mental and emotional garbage.

(I'm so sorry. I do not mean it in any bad way).



Most of us are allergic to our own feelings.

It is much easier to say, I can't have this cheese, when the cheese is related to the fact that you're not dealing with this sorrow or the sadness that's stuck in your chest or on your lungs.

If you cannot digest, let's say gluten, (I don't like gluten myself because gluten is not good for anyone) but let's say you have an extreme allergic reaction to some specific food, like gluten, it means you are allergic to your own bullshit.

You are allergic to your own undealt traumas, fears and issues.



If you are exposed to a trauma, somewhere the energy of that trauma will be stuck in your system.

If you don't deal with that trauma, it will grow and get bigger and bigger, and maybe prevent you from breathing properly.

We can also say it's not necessarily a trauma, we can say it is sadness or sorrow (or another trapped emotion). So that prevents the life, Chi, the energy of life, prana, to circulate in your lungs.

So if you have not dealt with the emotions in your lungs, you might develop asthma.



You might even start smoking to make sure that you don't feel your own sorrow or sadness that is stuck in your lungs.

You might develop cancer if you smoke, but it's also related to the fact that there's trapped emotion stuck in your lungs.

I'm going to end this eBook by giving you a little loving reminder.

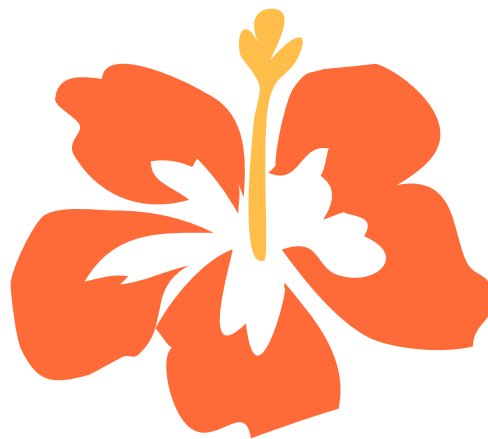
Ask yourself; what are you mostly allergic to inside your body?

Is it the sadness, the sorrow, the guilt, the shame, the anger, the insecurities, the fear?



Explore inside of your body and ask your body to give you the answers you are looking for.

I hope I inspired you to take the journey inside of yourself to be able to release your allergies to life, so you can live the inspired, full life you have been dreaming of.



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

