

Biofeedback Practitioner Program - Lesson 2

Clearing Food Sensitivities

Clearing food sensitivities is a powerful and marketable practice. It is an integral part to any healing series for clients because it helps the person to heal their gut and avoid further harm from food sensitivities.

What to expect: A way to make people aware of food sensitivities but also to help them to heal by clearing them.

What you give your client: A professional report listing their sensitivities and instructions of what to do and when to return. A good pace for working with clients is one time per week for 6 weeks to clear out many food sensitivities. True intolerances are best avoided but there are a few classes of foods that are the most likely culprits for these.

Key Panels: Digestion, Emotions, Spinal Energy, Flower Essences and 4 bonus category:

1. Food Allergy Testing Panel Ultimate (120 foods)
2. Food Allergy Cortisol - test and harmonize cortisol imbalances.
3. Food Allergy Nutritional - test and harmonize nutritional issues.
4. Food Allergy Digestive Assessment - test and harmonize digestive issues.

One of the most practical uses of biofeedback is to test for food sensitivities. In the immediate moment, it will give people an opportunity to recognize foods that are not serving them at this time. It has been my experience that these foods are often changing and certain foods will be sensitivities for people at different times. Some will be food intolerances, these are the ones that people cannot really digest no matter what. I have seen true food intolerances, which is the inability to digest a food. These are the top foods you will see true intolerances in:

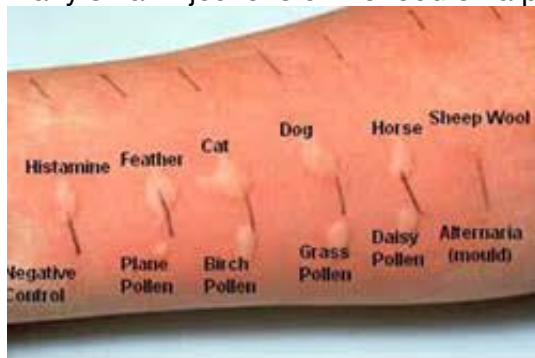
Wheat
Gluten
Dairy foods - milk in particular
Eggs
Citrus
Peanuts
Shellfish
Soy

Other than these foods, what you will mostly see are sensitivities. This means that the person does have the ability to digest this food, but because of some other impairment either in the gut, an emotional wound, an excess of toxicity they are not able to do that at this time. There is great news here because we can figure some of this out with biofeedback and better yet we can clear much of it with the frequencies!

With food sensitivities, there is much to consider. It is multifactorial. Because of this, understand why these are related to food reactions as explained below and why we test and harmonize these areas during a session.

Historical food allergy testing:

In medical practice for many years, the only allergy testing done was for immediate hypersensitivity. This classification of immune response is called IgE, based on the type of immunoglobulin that is tested. This was typically the test under the skin and when you see many small injections of the food on a person's back, this was how the test was done.



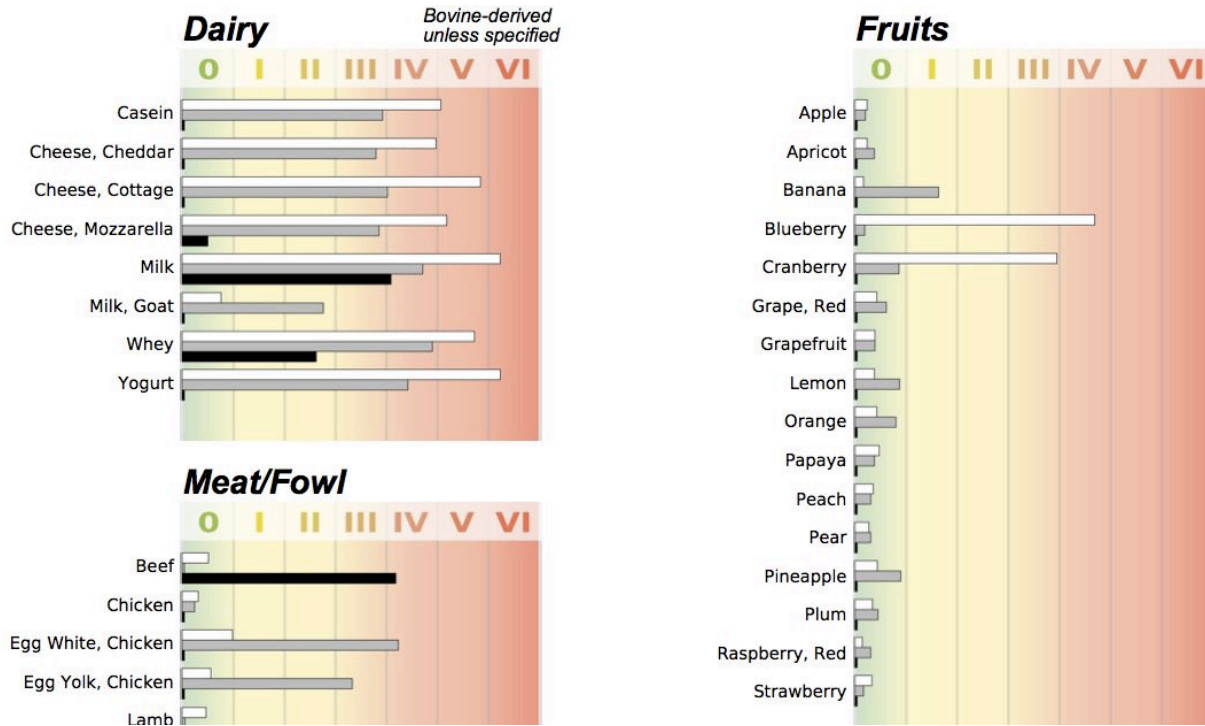
Skin Allergy Test

The main limitation of this test is that it tests for immediate reactions and not delayed reactions. Immunogloblins such as IgG and IgA are those that are involved in this delayed reaction. These types of reactions are observed as chronic fatigue, bloating, mental fog, general feelings of not being as well as one could be. Digestive symptoms such as bloating, constipation, loose stools and more could also be related to this type of delayed reaction.

In holistic medical practices, allergy testing of this kind is currently done. Food panels done from blood draws or blood spot tests (with just a pin prick that can be done at home) will test for these delayed responses. If you are interested in having such a test mailed to your home where you can test yourself, please contact me at ariel@awakentotalhealth.com. This test is typically about \$295 for kit and interpretation.

The limitations are that this test compares your blood reaction to generic foods and tested for immune response. If your immune response is suppressed, you could get skewed results. Likewise, if you are overreactive, you could get an inaccurate response. You may eat the organic or GMO version of the food which could be different from that tested in the lab. It is my belief that biofeedback may actually test at a deeper level that tests on many different levels whether that person is in harmony with the particular food.

You may want to have your own blood test performed in order to compare your results on this test to your biofeedback results. In the past, I have found them highly correlated. People will often remark that the foods discovered on sensitivity testing match testing they have had done elsewhere. Below is a test result showing IgE, IgA and IgG reactivity for the person being tested. However, if your immune system is suppressed, you may see under-reporting of results.



Emotional connections to food sensitivities:

Anytime there are unresolved emotions or emotional wounds, there is likely to be a series of escalating food allergies (I will use allergies and sensitivities interchangeably). This is related to stress level as well. In fact, when we carry unresolved emotional issues (and all of us do to some extent) with no outlet or resolution, this can lead to being stuck in sympathetic mode. In other words, we don't switch into a state which is optimal for digestion. That state is called parasympathetic; it is also known as the "rest and digest" state. In this state, we produce wonderful levels of digestive enzymes, strong stomach acid and our natural movement of smooth muscle throughout the digestive system is good as well.

Clearing and harmonizing emotions at the same time as harmonizing the foods is a great way to clear these energies as they are connected to each other. When emotional clearing takes place, you will often see the number of foods affecting the person begin to decrease. What the client will report is that they are feeling better overall and having less bloating and maybe even weight loss as a result.

Current stress level can elevate the number of foods one is sensitive to:

We know that cortisol levels will cause gut permeability. This happens when the hormone that get released in order to deal with feelings of stress (the fight or flight response) affect the digestive system. They shut down digestion for some period of time but they also appear to make the gut more permeable by affecting the gut barrier in a negative way. This means that proteins can leak into the blood and create an exaggerated immune response.

This informs us to the effect that relaxation techniques, particularly before a meal, will be exceptionally helpful to decrease this gut permeability issue. Sharing with people the power of taking a few deep breaths before a meal can do wonders. If they would meditate for even 5 minutes before a meal then the positive effect would be even better. They could also do a simple exercise, called 4-8-2 breathing. In this exercise, you breathe in for 4 counts, gently hold the breath in for 8 counts and exhale for 2 counts. This rhythm causes an instant switch into the parasympathetic state and is helpful for optimal digestion.

Adaptogens, such as rhodiola, may also be instrumental in all of this. Other adaptogens include siberian ginseng, licorice, schizandra, rehmannia and others. Adaptogenic herbs help us to be more resilient in the face of stressful situations. In fact, taking an adaptogen on a regular basis is very wise because we all deal with stress on some level. Moderate levels of stress are a given in a life where we are learning and growing. A state where there is zero stress could also be considered to be somewhat out of balance as well.

Use the custom testing library included as a bonus in this class:

Digestive health:

In naturopathic medicine, the most basic of all principles is the one that “disease begins in the gut.” I don’t believe that I know of one condition that could not be made better by improving digestive health. You can improve skin conditions, pain-related conditions and of course, food allergy issues by improving the digestive system.

When the person is not experiencing gut permeability (leaky gut), they are not triggering their immune system. Some important strategies to heal the digestive system include not eating foods that a person is sensitive to. This means that identifying the food sensitivities is very important. Eating foods that one has an issue with can lead to stress on the immune system and as a result can lead to an escalation with more and more food allergies occurring.

Other important gut healing strategies include:

- Doing a 1 day water fast.
- Doing a 3 day master cleanse with lemon, maple syrup and cayenne.
- Avoiding the top food intolerances, named above, such as dairy and wheat.
- Lower the quantity of meat in the diet.
- Reduce the consumption of processed foods.
- Avoid other activities while eating. Enjoy meals on their own with good company or enjoyable music.
- Applying a castor oil pack to the abdomen with heat for 30-45 minutes per day.
- Daily rebounding for lymphatic health.

- Drink 8 glasses of water per day, Spring water is preferred.
- If spring water is unavailable, some forms of alkalized water in the SHORT term (like 3 months or so) may be highly beneficial.
- While increasing water is good, less is more during a meal. Take sips of water, preferable room temperature or warm during meal time.
- Avoid non-organic or GMO foods when it is possible to do so.
- Don't microwave food due to the energetic imprint/disruption of molecules through this process.
- Drink 1 tsp of apple cider vinegar mixed with a little honey and water about 15 minutes before a meal.

Nutritional deficiencies

Common nutritional deficiencies that can cause more food allergies are:

Magnesium - low levels of magnesium slow detoxification. Source: leafy green vegetables and Magnesium flakes (magnesium chloride)

Zinc - Zinc is important for proper stomach acid. Source: pumpkin seeds

Selenium - Helps to modulate the inflammatory response in the gut so that leaky gut may be prevented.

Source: Brazil nuts or supplement as Selenomethionine.

Vitamin A - important for proper immune function, including that contained in the intestinal and gastric mucosa (the lining of the digestive system).

Enzyme deficiency - supplementation of pancreatic or digestive enzymes may be helpful until good digestive function is restored. Some people prefer to take enzymes daily as a wellness practice.

Current Toxicity

If the body is overloaded with heavy metals, solvents or other toxins, this may put an excessive burden on the immune system. If that is the case, detoxification will be important to reduce food allergies.

Symptoms of active food sensitivities:

Symptoms that these food sensitivities are affecting your client include a number of symptoms. Some of them are listed below:

1. Bloating after eating the food.
2. Tired after eating the food.
3. Feeling that you gained weight shortly after eating the food, even though not calorie excessive.
4. Experiencing more joint pain, muscular pain or soreness the next day.
5. Overall feeling less energy, even exhausted.
6. Experiencing brain fog.
7. Very difficult to lose weight.
8. Flatulence or burping after a meal.

Lots of fruit as sensitivities?

If you see lots of fruits coming up as sensitivities, this may mean a fruit malabsorption. It is

usually due to underlying infections in the gut. Best bet for them is to avoid lots of fruit for a while and favor berries, apples and pears if they seem ok with those fruits. Find the gut infection and when it is better they may resume fruit. They may need to seek naturopathic care in order to find that infection.

Steps to Food Allergy Protocol

1. Select the category, "Food Allergies Testing Panel Ultimate". Add the highest 20 and the lowest 20. Include items all the way down to 600 and anything 150 and below to the Main Hold Tray.
2. Test Emotions and add to main hold tray.
3. Test Bach Flower Essences and add to highs and lows to main hold tray.
4. Test Food Allergies Digestive Assessment, add to highs and lows to main hold tray.
5. Test Food Allergies Cortisol Balance and add to highs and lows to main hold tray.
6. Test Food Allergies Nutrition add to highs and lows to main hold tray.
7. With all items in the main hold tray, proceed to Progressive Insights.
8. Balance for 3 minutes. Record the highest priority Flower Essence.
9. Balance for 3 minutes. Record the next highest priority Flower Essence.
10. Balance for 3 minutes. Record the next highest priority Flower Essence.
11. Now, completely exit the program. If possible, take a new voice recording and picture.
12. Select the category, "Food Allergies Testing Panel Ultimate". Add the highest 20 and the lowest 20. Include items all the way down to 600 and anything 150 and below to the Main Hold Tray.

The foods that are in the final protocol are the ones that your client should avoid for the next 1-2 weeks until they come back to see you. The recommended protocol is 1 session per week for 6 weeks. While they are working on the emotional level as well as understanding their digestive issues and working on those, their food sensitivities should continue to improve. This means improved digestion overall, including in response to foods that were once affecting them.