

# The Energetics Behind Allergies and Intolerances



Releasing and integrating the frequencies that cause allergies and intolerances.



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## The Energetics Behind Allergies and Intolerances

The questions about allergies and intolerances that remains unanswered are:

- *Why are some people allergic or intolerant to foods and others not?*
- *Why is it that someone is allergic or intolerant to specific food(s) but not to all foods?*
- *Why are some people severely allergic to foods whereas others are only mildly intolerant?*
- *Why do some people develop allergies when they weren't born with them?*
- *Why do some people stop being intolerant to foods after time without any treatment?*

In this article we will attempt to answer some of these questions.



### Discovering the Cause of Intolerances and Allergies

There appears to be no logical reason to some of these conundrums. To date, as far as we are aware, the medical establishment has no answer to the cause of allergies and intolerances and treatment offered is typically avoidance and then after a period of time, a very gradual re-introduction of the food. This may work in some people but it doesn't provide the answer as to what causes allergies and why some people develop them during their lifetimes whereas others suddenly stop being intolerant.



### Three Week Migraines Provided Both Suffering and the Solution

The founder of Armichi, Sarah Diggins, accidentally stumbled upon the answer when trying to solve her 20 year migraine reaction to dark chocolate. For many years previously, she had been able to enjoy chocolate freely but then started to develop migraines. These became worse and worse until she would get a 2-3 week migraine if she ate a 2-3g piece. That's a tiny, fingernail sized piece of chocolate. These were debilitating migraines which would cause her short term memory to almost completely vanish and her ability to communicate was greatly diminished. As a healer, Sarah tried many different techniques in an attempt to stop the migraine reaction and had some success after a series of liver cleanses which managed to reduce the severity of the reaction but didn't stop it completely. There was a benefit that arose from these

migraines in that a method to relieve headaches and migraine was developed, which we have published under the post [How to Get Rid of a Headache or Any Pain](#). However, despite this pain relief technique working very well, what Sarah wanted to do was to stop the migraine from occurring in the first place.



### **The Emotional Connection Behind Foods that Cause Intolerances**

Sarah spent time reviewing the circumstances in which the reaction to dark chocolate had developed. She discovered that the intolerance had developed during a time of stress and she realised that, by eating chocolate when she was stressed, she had begun to associate chocolate with stress. In fact it went deeper than this because she discovered through Resonance Testing that chocolate became a source of the emotional frequencies that cause stress, such as anger and frustration. This meant that, even if Sarah wasn't angry or frustrated, when she ate chocolate, she also 'ate' discordant frequencies and it was these discordant frequencies that were triggering migraines. You can compare to the way that some people get headaches from the discordant frequencies of EMFs or how some people get headaches from the discordant frequencies that resonate within us in times of stress.



### **We Associate Different Discordant Frequencies with Different Foods**

We discovered accidentally that the foods that are causing high stress reactions often have an intrinsic emotional association from the individual's perspective. This emotional connection may be held in the individual's layers (physical, aura, soul), past lives, timelines or dimensions. We also discovered that, just because someone exhibits a physical intolerant reaction to the same food, does not mean that they have embedded the same discordant frequencies within that food as someone else who has the same intolerance. The trick is to use Resonance Testing to discover the discordant frequency(ies) that have been embedded into that particular food and then we can follow a process to release them. Once released we can see lifetime intolerances being lifted in minutes.



### **How Discordant Frequencies May Explain the Unexplained Appearance or Disappearance of Intolerances**

If our allergies and intolerances are the result of embedded discordant frequencies, this may go some way to explaining why someone may develop an allergy during their lifetime and others may see their intolerances disappear for no apparent reason. If we develop a habit of eating a certain food as a stress reaction or when we are angry or sad, then overtime, that food will become associated with the frequency of stress, anger or

sadness. Then if we eat that food even when we are not feeling stressed, angry or sad, we are still consuming the discordant frequencies that we have embedded into that food through years of repeated behaviour. Just as we can embed discordant frequencies into foods, so can we release those frequencies if we stop reaching for that food when we are feeling stressed, angry or sad (for example). Overtime, the discordant frequencies embedded into that food will subside and gradually the intolerant reaction will disappear.

The embedded frequencies are easier to understand for current lifetime allergies and intolerances but less easy to understand for babies and children who seem to be born with an allergy. We wonder if, in these cases, whether frequencies have been embedded when the baby was in the womb or even in previous lifetimes. More research is needed in this area.



### **Resolving a 2 Decade Migraine Reaction to Dark Chocolate in 10 Minutes**

For example let's take Sarah who had developed such an extreme sensitivity to cacao; dark chocolate particularly, that meant a tiny, finger-nail sized piece could trigger a migraine that would last for 2-3 weeks. After just 10 minutes, when the emotional association she held to chocolate - in her case it was stress and anger - was revealed and lifted, she was finally able to eat dark chocolate again and has been enjoying it daily ever since!



### **How to Identify the Emotions that are Causing Food Intolerances**

If you have foods that you know are causing intolerances or allergies and would like to know if there is an emotional connection behind this reaction, the trick is to think of the food in question and then ask yourself what feelings arise within? What are the typical circumstances in which you would eat (or want to eat) this food? You will normally find that something arises from within that gives you a clue and then allow that feeling to develop until it is fully present within you. You may find that the emotional association was created from when you were a child or when you were experiencing a stressful time in your life. Alternatively you may discover (particularly with inherited allergies) that the emotional association goes much deeper, spans many lifetimes or dimensions and is more akin to a miasm (an inherited energetic disease state that is used in homeopathy). Once you have identified the emotion(s) that you associate with this food, then healing has already begun since awareness is the first step.





## **How to Release the Embedded Emotions in Foods that are Causing Intolerant Reactions**

### **PLEASE FIRST READ IMPORTANT WARNING!!! AND DISCLAIMER BELOW.**

Starting with the first food that you are intolerant to, first identify the emotion(s) embedded into that food. Now use the following statement:

- *I neutralise, delete the frequencies, vibrations, connections, chords, energy imprints, memories, information <emotion> within <food> and all physical manifestations in my layers, timelines, pastlives and dimensions.*

As you say this statement, take time to focus on each area and pause and feel into these aspects as you say 'layers', 'timelines', 'pastlives' and dimensions' and feel and see the energy flattening and all associations of this emotion dissolving. Now say:

- *I return and integrate with the love light.*

And as you say this, put your loving attention on that feeling within the food and allow the feeling to become one with you. After a while, you will feel an expansion and a lifting and use Resonance Testing to determine if the integration has been completed. The statement is:

- *The <emotion> embedded into <food> has been integrated at least 10%.*

If this tests as positive, repeat for 20%-100% until you get a positive on 100%.



### **Gradual Restoration of Balance**

Once you have released the emotions embedded in your chosen food you can repeat for other foods. You may need to repeat a few times before the emotion is fully integrated, especially if you've been suffering with a food intolerance for many years. THEN AFTER you have visited your GP or qualified nutritionist and ONLY AFTER they have confirmed with a medically approved physical allergy test that your food intolerance or allergy is gone, you may want to reintroduce that food gradually, under the guidance of your doctor or qualified nutritionist. It's also tempting to rush back into over-consuming a food you've not been able to eat for years but we urge caution and gradual restoration of balance!



## **Benefits of Releasing Emotional Frequencies in Food**

Once the discordant frequencies have been integrated, you will find that the stress reaction that the food places on the body falls. In the Armichi Wellness [150+ Foods Stress Reaction Test](#) we observe that foods that place the greatest stress on the body tend to be those that provoke intolerant or allergic reactions. When the emotions embedded into the foods that have been causing allergies or intolerances are fully integrated, not only do these reactions subside but you will find you benefit from:

- reduced appetite (blood sugar levels are less disrupted)
- less bloating, stomach discomfort (food is no longer seen as a toxin)
- better sleep (adrenalin production has subsided)
- reduced headaches (fewer discordant frequencies so fewer stress reactions)

And a generally calmer feeling since you are no longer consuming frequencies that are so out of alignment with your soul.



## **IMPORTANT WARNING!!!**

This process is a means of understanding **ONLY** the **ENERGETICS** behind food intolerances and allergies and is **NOT** a physical test or cure.

**WARNING: YOU MUST ALWAYS GO AND SEEK ADVICE FROM A MEDICAL DOCTOR OR QUALIFIED NUTRITIONIST BEFORE YOU MAKE ANY CHANGES TO YOUR DIET. ARMICHI WELLNESS DOES NOT PROVIDE ALLERGY OR FOOD INTOLERANCE TESTS OR CURES. THE INFORMATION ON THIS PAGE IS NOT AN ALLERGY TEST AND IS NOT A CURE FOR ALLERGIES.** The method described on this page is designed to be a starting point to help with food intolerances and allergies and once complete, you **MUST** go and get a food intolerance or allergy test from your medical doctor or GP **BEFORE** you make any changes to your diet.

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