

# Why Expert Health Advice May Not be Right for You



Why you can ignore expert health advice and how good health is not about what you eat!



## **In this article:**

*This is a much longer article than usual because, while researching, we discovered information that showed what we had believed to be true about food to be completely wrong. The whole basis of the article was thrown into question so we have divided the article into two parts, for ease of reading.*

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## **Why Expert Health Advice May Not be Right for You**

There are a myriad articles on how to achieve good health. Some advocate eating no carbohydrates; some organic food, others only vegan food; for some it has to be raw vegan; some advise that a paleo diet is the way to go; others suggest cutting out gluten or dairy, and the suggestions go on!



## **PART ONE**

### **Is Expert Advice The Right Advice for You?**

It's so confusing to know which to pick and you can't even base your decision on the level of expertise of the advocate, since there are many seasoned experts, some with years of scientific study, who all support vastly different ways of eating.

However, if you take a step back, you will see that most of these advocates support what works for them. They are advising you to do what they themselves have discovered to be a successful model for health lifestyle in their own experience, backed by their own findings.



### **Why Resonance Influences Perspective**

From a frequency point of view we find it much easier, or more harmonious, to be in resonance with ourselves, our family and our surroundings. Each of us has a unique vibrational set point and this is why our view points are so varied and will result in us gravitating towards different lifestyles, philosophies and opinions. This is also why each expert will gravitate towards a 'solution' for healthy eating which that expert is most vibrationally in alignment with. Indeed some experts find so much resonance in a particular point of view or philosophy that they dedicate their life works to discovering more about it, such as with research scientists.



### **Variety is the Spice of Life as Long as it's Your Spice!**

This is one of the most beautiful aspects of living on planet Earth; we are surrounded by so much variety and the opportunity to experience such widely differing perspectives. This is great, as long as you are aware of this, but if you look to others to guide you or to provide you with advice, then unless you have the discernment to accept only information that is truly in resonance with your soul, you may end up being out of synch or living a disharmonious lifestyle.



### **Find Your Own Healthy Balance Point**

What we are saying here is that, just because an expert tells you that something is healthy, doesn't mean that it is healthy for you since you may have a different vibrational set point than the expert. Instead of following a set programme of diet and lifestyle that is considered by experts to be the ideal way to live, listen to your inner guidance and do what you feel is in resonance with your soul.



We look at the effect of food on health, to help you find your own healthy balance point.



## How Do The Longest Living People Live and Eat?

We take a look below at some of the longest living cultures in the world so you can see how their diets and lifestyle are very different and yet appear to have the same beneficial result on health:



### Ryukyu Islands, Japan

The people of the Ryukyu islands in Japan and notably Okinawa, eat mostly plant-based foods including about a quarter vegetables, a lot of tofu, bitter melon and turmeric. In contrast to the standard Japanese diet, they consume Okinawan, a purple sweet potato, in preference to rice. They also have a strong sense of community and lifelong friends and in fact even have a noun to describe this 'moai' which, in Japanese means meeting for a common purpose. We refer to 'common purpose' in the genuine, love centred concept, not the way in which the term has been taken over by the globalists.



### Sardinia, Italy

The Mediterranean diet is renowned for its health giving properties and in Sardinia it is particularly high in vegetables, fruits and whole grains. They eat very little meat, fish or dairy products, instead consuming goat's and sheep's milk and their derivatives. The local canonau wine contains high levels of flavonoids (antioxidants, anti-inflammatories, anti-viral agents). Unlike many Western countries, the Sardinian elders are respected for their wisdom and form an integral part of family and community life, rather than being sidelined into a nursing home.



### Nicoya, Costa Rica

For the people living on the Nicoya peninsula in Costa Rica, corn, black beans and fruit are regular features to their diet. The local water is mineral rich and has the country's highest calcium content. A focus on family and friends combined with their philosophy 'plan de vida' which is Spanish life plan and encourages their elders to maintain a positive outlook and to feel valued members of society.



### **Each Culture Seems to Thrive on Different Foods**

As you can see, there is no one particular food that creates good health. This is one reason why expert health advice may not be the right advice for you. You have seen how the people from these different cultures have found a diet that suits them and each one is different from the other and yet each one seems to bring good health.



### **Is There a Common Diet or Lifestyle in Long Living Cultures?**

We thought that there may be something in common across these long living people, so we used Resonance Testing to find out if there is something in common between their diet or lifestyles?

- *There is a commonality between the **diet** of the people above that causes longevity (negative)*
- *There is a commonality between the **lifestyle** of the people above that causes longevity? (slightly positive)*

We wondered what the commonality in the lifestyle may be and discovered that 'love' tested slightly positive, 'family' tested slightly positive and 'community' tested positive. Then we tested to see if these commonalities were responsible for causing longevity.

- *One or more of these commonalities (**love, family, community**) creates longevity. (negative)*

So we are no further on in discovering the secret to longevity. We decided to find out if food has any effect on our health?



### **Does the Food We Eat Affect Our Health?**

- *Our health is affected by the food we eat (negative)*
- *Our health is unaffected by the food we eat (negative)*

This result indicates that food has neither a positive or negative affect on our health, which is completely the opposite of what we always believed! After we finished writing this article we realised why we got this result. What is important is the nutrients not the food itself, since not all food contains nutrients. When we rephrase the statement we get the following result:

- *Our health is affected by nutrient-containing food that we eat (positive)*



## **PART TWO**

### **What Affects Our Health?**

We wondered how much the nutrients in our food affect our health and, after much testing we found:

- *On average, the health of a person is **10%** dependent on **nutrients**.*

*Which is nowhere near what we expected it to be! Clearly there are other factors that affect health. We thought water may have an affect and we found:*

- *On average, the health of a person is **30%** dependent on **hydration**.*

*We wondered what the other factors were and after much testing what we found surprised us:*

- *On average, the health of a person is **40%** dependent on their **vibrational set point** (frequency).*
- *On average, the health of a person is **10%** dependent on **sunlight**.*
- *On average, the health of a person is **10%** dependent on the **health of their chakras** (energy centres)*



### **Frequency and Water are Key to Health**

These results surprised us as we'd always thought that nutrients are key when it comes to health, but it would seem that our vibrational set point is the most important factor, along with hydration as a close second. Putting that into context, no amount of healthy eating is going to create wellness when we are permanently stressed or angry. And if we don't get enough hydration, the effort we put into a healthy eating regime is wasted.



### **Nutrients, Sunlight and Hydration from Consciousness**

We have been told during our healings that we can nourish and hydrate cells from consciousness and can also infuse them with sunlight. What we have discovered in our Resonance Tests is that, as we ascend and our levels of consciousness increase, so too do our DNA strands develop. We have observed DNA strands increasing from 2 physical to 144, of which 142 are light strands. These DNA light strands help reduce our

dependency on third dimensional food and water reduces, as they allow our cells to connect with consciousness and obtain hydration and nutrition from consciousness. If you consider that we are holding a lot more consciousness within us and that consciousness doesn't need third dimensional nourishment, it makes sense that our source of nourishment becomes increasingly light based.



### **How does the UK and USA Compare with Long Living Cultures?**

How do the nutrient levels of people who live a long time compare with people in the UK and USA? We used Resonance Testing to compare all factors that affect health for people in long living cultures and people living in the UK/USA.



### **Vibrational Set Point: UK/USA vs Long Living People**

The long living people above all seem to have a strong sense of community meaning their **vibrational set point** (frequency) will be higher. We tested and found:

- *The people above have a vibrational set point that is 76% higher than the people in the UK & USA.*

That's a huge difference and we have also found that in our 2-monthly publication [Global Levels of Consciousness by Country](#) that the continent with the highest average levels of consciousness is Africa, where the people live the most natural lives.



### **Hydration Levels: UK/USA vs Long Living People**

**Hydration** is not just about water, but about our levels of electrolyte minerals which enable our cells to absorb the water. We tested and found that:

- *On average, the people above get 25% of their fluids as water, compared with 6% in the UK and USA.*
- *On average the people above have 49% reserves of electrolyte minerals compared with 7% in the UK and USA.*

As we ascend, our cells are able to source hydration from consciousness we connect your cells with an infinite source of hydration from consciousness for all eternity, during both our [Energy Boost](#) service and our [Armichi Method Healing](#) sessions.



### **Nutrient Levels: UK/USA vs Long Living People**

These people are living in less commercialised areas meaning that a greater proportion of their food is prepared from natural ingredients. We have seen above that they get plentiful nutrient rich foods and so tested to see how this affects their typical **nutrient** levels:

- *On average, the people above have 74% cellular nutrient levels compared with 9% in the UK and USA.*

We connect your cells with an infinite source of nutrition from consciousness for all eternity, during our [Armichi Method Healing](#) sessions.



### **Sunlight Exposure: UK/USA vs Long Living People**

The geography of where they live will mean that they regularly have access to plentiful **sunlight**. We tested to find out how much more:

- *On average, the people above get 2.1 hours of sun exposure per day compared with 25 minutes in the UK and USA.*



### **Energy Centres: UK/USA vs Long Living People**

Since they are living in sunnier climates, they will be spending more time outside and be naturally grounded as a result, which helps their **energy centres**. We tested and found:

- *The people above have a groin chakra functioning at 32% compared 9% in the UK & USA.*

This will in part be relating to stress levels, since when we're stressed we tend to be consumed by thoughts and our consciousness stays in our head (we live in our head) leaving the lower chakras deplete and keeping us disconnected from Mother Earth.



### **How to Increase Your Vibrational Set Point**

Meditation can help our overall vibrational set point; just 10 minutes a day is a great starting point. Also integration of the feelings that are triggered by our external world can lead to a feeling of inner peace. Let's say you feel fear; the statement would be:



- *I neutralise, delete the frequencies, vibrations, connections, chords, energy imprints, memories, information and physical manifestations of and to fear in my layers, timelines, pastlives and dimensions, and return and integrate with the lovelight.*

As you say neutralise and delete, see the fear vibration collapsing one by one in your layers, timelines, pastlives and dimensions. Then when you have finished the statement, feel the fear in your heart (you will feel it as a tension), then open your heart out and allow consciousness (love) to expand into this tension which will start the integration process. Keep focused on the feeling until you feel the tension lifting from your heart area. This may take 5-30 minutes, depending on how entrenched the fear is within you. Once integrated, you will feel an enormous sense of expansion and peace. Stay with this for a while until you consolidate your new vibrational set point where the fear is now one within you, rather than separated.

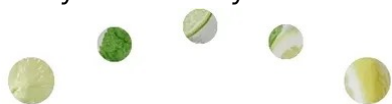
Now repeat for all the other feelings as and when they arise. You may find it is easier to integrate one feeling per day.

Since our vibrational set point is dependent on our levels of consciousness you may want to keep track of yours using Resonance Testing which we teach you in our series of Articles starting [How to Do Resonance Testing: Step 1](#) or you can ask us with our [Know Your Level of Consciousness Test](#).



### **How to Increase Your Hydration**

Your hydration levels depend both on how much water we drink and how well our cells retain that water. Start by drinking pure, filtered water or herbal tea instead of coffee, tea, cans, soda, squash and fruit juice. Coffee and tea are very dehydrating; our Resonance Tests have shown that for every cup of coffee we drink we need to drink at least the same volume of water just to maintain the hydration levels we had before we even drank the coffee. As our hydration levels naturally fall through the day, if we survive the day drinking only coffee our cells end up with no water in them! Next, to increase the water uptake of our cells, make sure your water is mineral rich so that you are getting plenty of electrolyte minerals: the salts of potassium; magnesium; calcium and sodium.



### **How to Increase Your Nutrients**

The easiest solution is to eat colourful foods that look like where they came from in their original state. Raw is best as that means the enzymes are still active and will enable you to break down the nutrients. If you can't tolerate raw vegetables, try smoothies or have a side salad with each main meal. Organic produce tends to be higher in minerals as the plants are grown in the traditional way with natural, mineral rich fertilisers. Locally grown produce is less likely to have been stored for weeks and may have higher nutrient levels.



### **How to Increase Your Sunlight**

We can't change where we live but we can make the most of the sunlight when we get it. Even sunlight through clouds is beneficial to health so try to get outside everyday if you can. It is also possible to set the intention to infuse your cells with sunlight. The statement is:

- *I flood my cells with sunlight in all layers, timelines, pastlives and dimensions.*

As you say this, picture the sun streaming into your cells and filling them up with light. We give an infusion of sunlight as part of our [Armichi Method Healing](#) sessions.



### **How to Connect Your Energy Centres**

Develop a daily habit of checking your energy centres and allowing the energy to flow through all of you. We each of us have a habit of living in our heads, meaning our energy is held in the higher chakras, leaving the lower chakras deplete. Walking outside can help this as can meditation or visualisation of bringing the light down into your groin and other lower chakras. You can also try our [Energy Boost](#) service which also connects all chakras with the infinite field of love light and opens the chakras that are not yet opened. We have observed that the unopened chakras tend to be the sternum chakra (multidimensionality); the pituitary chakra (soul growth) and the hypothalamus chakra (wisdom).

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