

CHARTS TO HELP WITH MULTIPLE CHEMICAL SENSITIVITIES & ELECTRO HYPER SENSITIVITIES.

TOLERATION CHART

FOR BODY CODE PRACTITIONERS

BY TYLER WARCHOL - THE MUSCLETESTINGMEDIUM

NHO AM I? HOW DID I GET HERE : HEROS JOURNEY - INCLUDED

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TOLERATIONS CHARTS

By Tyler Warchol - Muscle Testing Medium

How much are you tolerating _____? **0-100%** i would say that 100% means all 4 toleration points. for example, idea allergy or idea intolerance / physical allergy or physical intolerance -

For example: am i tolerating pineapples? at 100%? IF NOT tolerating, release all energies in between you and the goal to 100% toleration of the food, and the ending imbalances will be

idea allergy or idea intolerance.... - physical allergy or physical intolerance - rare to have all 4 on one toleration issue.

Higher Self will usually guide you to a physical allergy or intolerance in the end of the releases! at times it may be both, thats how you will know when its at 100%

- 1- am i tolerating Magnetic Fields? Distortions & Deficiency's? at 100%
- 2- am i tolerating EMFS? at 100%
- 3- am i tolerating All electronics & 5G Systems at 100%
- 4- am i tolerating My Home at 100%
- 5- am i tolerating All Rooms in my Home? at 100%
- 6- am i tolerating My workplace or work space at 100%
- 7- am i tolerating All my Supplements at 100% (ask for each supplement you take)
- 8- am i tolerating My Hometown at 100%
- 9- am i tolerating My Neighbors at 100% / Neighborhood at 100%
- 10- am i tolerating My Cell Phone at 100%
- 11- am i tolerating Big crowds? at 100%
- 12- am i tolerating Being hugged? Touched? at 100%
- 13- am i tolerating Animals or our pets (fur & dander) at 100%
- 14- am i tolerating My Diet and or particular food at 100%
- 15- am i tolerating Essential Oils? or a particular oil at 100%
- 16- am i tolerating Not Having Enough Electrolytes? at 100% 17- am i tolerating Electrolyte Utilization Issues? at 100%
- 18- am i tolerating Dry or Oily SKIN? at 100%
- 19- am i tolerating My family? or particular family members at 100%
- 20- am i tolerating This particular person _____ at 100% (Friends, Family, Lovers, Co-workers, Associates)
- 21- am i tolerating The current weather at 100%
- 22- am i tolerating The music i listen to at 100% or particular tracks causing me issues?
- 23- am i tolerating Plastics or Cleaning products at 100%
- 24- am i tolerating Perfumes at 100%
- 25- am i tolerating Environmental Toxins at 100%
- 26- am i tolerating Pollution? at 100%
- 27- am i tolerating Pain? at 100%
 28- am i tolerating Spike Proteins? Prions? at 100% (may cause die off energies over the next few days, please be aware!)
- 29- am i tolerating Pathogens? or particular Pathogen at 100%
- 30- am i tolerating Coffee at 100%
- 31- am i tolerating planet EARTH? at 100%
- 32- am i tolerating Social Events at 100%
- 33- IS MY ARMOR OPEN? if YES clear any and all energies until Higher Self says your armor is SEALED! is my armor
- sealed now? (Helps Tolerate Offensive Category better)
- 34- am i tolerating Cigarettes Smoke? Cannabis Smoke?
- 35- am i tolerating Sugars & Sweeteners

Very beneficial for people with **Multiple Chemical Sensitivities** \mathcal{E} **Electro Hyper Sensitivities.** these are toleration issues, What is happening here is the body is having A hard time tolerating specific things that was present during an old trauma or NEW. experiencing this dis-order myself \mathcal{E} finally in overcoming these obstacles. My SOUL -HIGHER SELF has called me to write this E-BOOK, to share with all of you. ENJOY:)

For ex. say you got Into a huge fight with a family member, next thing you know you are reacting to the perfume you or they are wearing. And any other scented products with the same chemicals or ingredients in it. This begins to happen because it was present during the Traumatic incident. Say you guys were very close to a TV, a cellphone, or a ROUTER during argument, your body will see everything in its environment as the problem along with the person you argued with at that moment of intense Debate. Maybe even the time of day it happened becomes an issue. Now every time you walk passed your own cellphone, others cellphones. Routers over at this person's home, this store, that store, or restaurant. smell this perfume, get close to this toxin... ect.. Your body sees it as a threat unconsciously still due to that incident so it reacts. minorly or majorly. your conscious mind tends not to pickup on it, and you begin to have what they call.. Multiple chemical sensitivities or hyper electro sensitivities without knowing it. - thank goodness I was lead to creating these charts, i had MCS & EHS, i no longer battle these issues on a daily basis, this CHART brings conscious awareness to that background noise causing our consistent symptoms and we can clear it. Until we clear the energy from that moment completely that initiated such sensitivities, raising our toleration % to it. And everything involved Is a sure way to start feeling at peace wherever you go again, like once before having sensitivities. I know because this happened to me. Thus how toleration factors was brought to my attention by the universe. 8 long years i struggled, but not any longer!

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THINGS THAT HAVE BEEN NOTED TO OCCUR WHEN CLEARING INTOLERANCES & ALLERGIES

- · can shorten processing time
- · becoming less sensitive, more empowered -
- · increasing overall peace from within
- Handling daily toxins much better.
 overall less nervous system stress

WHY DID I MAKE THIS CHART?

A LITTLE ABOUT ME & MY JOURNEY

1) A NECESSARY REDIRECTION

First i would like to start off with saying is... if i can overcome MCS, SO CAN YOU, & whomever you are trying to help with this ailment using energy healing! having been through this ailment they call 'MCS' & 'EHS' myself, it came natural to search for a way to heal my sensitivities, in 2015 i experienced an immune challenge so great after a wisdom tooth removal it shifted my life completely. literally overnight! from being non sensitive, experiencing zero allergies or any kind of attacks, to being very confused when this sensitivity switch turned on, this particular morning my throat was closed when i woke up, just one week after that dental procedure. I was choking on the air & didn't realize it, ended up in the E.R shortly after. of course at that time i was in a very strong state of unconscious living, i had candles, wall plugins.. you name the toxin, my life was full of it.. especially as a Licensed hairstylist. i was trained to think chemicals were good to a strong degree, i wasn't blaming those things YET. very scary at the time, this lead to a mental craze, i learned quickly after a year of conventional medicine failing me that there must be another way, because once again i was severely sensitive OVER NIGHT. was a real reality changer for me. Suddenly i couldn't sleep, think properly, lost 75 pounds from the inability to eat in just months, my digestion was very bad. which was extremely new to me. extreme fatigue, missing days of work which has never occurred before, until this occurred that lovely morning. had an endoscopy done, found nothing of course.. in just a few months.. i had issues i never thought could ever even be real. especially feeling heavy all the time & mental issues. i thought okay this isn't happening, i immediately began to try holistic approaches which most didn't help or relieve anything at all, even strong vitamin C IV therapies.. made things ALOT WORSE. i was very involved in haircutting & skateboarding, very artisitic & a very active individual, having these pleasures taken away from me literally so suddenly had me very confused. everything became a struggle... i was incredibly motivated to get back to these passions of mine, thankfully i was guided to a NRT Specialist - Nutrition response testing chiropractor who practices MUSCLE TESTING.

2) THE HEROS JOURNEY BEGINS

After a full year of terror, fear, overwhelm & discouragement, & Humiliation i was in shambles with daily symptoms that were debilitating, from shaking, visual, mental & emotional disturbances, adrenal fatigue, even sunshine was bothering me. my world was upside down, i was willing to try anything holistic to recover, & upon meeting Dr. D.C Darren Fitzpatrick which was recommended to me by a random 1-time client in the barbershop - the next time i seen him was 7years later. (DIVINE INTERVENTION) Dr. Darren (Chiro) began pushing on my arm for feedback from my body, using reflex points to find where i was weak energetically, for example. if my liver was weakest area at that moment a hand would be placed over my liver with a tiny bit of pressure. and my other arm would be pushed on to check for a energetic response, if it was weak my arm would go down with ease, no strength in the world will overcome this test when the body says something is weak, when a weak spot is found he would use supplements by STANDARD PROCESS mainly, to test and see what vitamin, nutrient or herbal would strengthen the weak spot he found. in this sense my body told us what i need to get well & or begin to heal. he is a very advanced practitioner in NRT, was able to get me answers about my body when no one else could. (i also am trained in beginners NRT now as well - underwent this training with dr darren many years later) i began to be able to eat after my first week taking the supplements i muscle tested for, ZYPAN by standard process and Cataplex A-C-P - so clearly these supplements told us 2 things. my stomach acid pumps were not working well, (the hospital had me on Prilosec) and i had an infection of some sort. that's what i learned on my first visit in 2015. i knew i was in the right place. & that this was the right form of testing, it felt good. i am sure my guides & angels were very happy for me to have reached this point. i was feeling my first wave of relief in over a year. the training i underwent seeing this DR was very deep for years, it came with weekly lessons, as i went consistently, i wanted to get better, i was determined, if i tested for parasites, i researched them, we would also know what kind. if i tested for heavy metals. i researched them deeply. same thing with chemicals. bacterias, fungals, pathogens, allergens, radiation, vaccines geographical stressors, & all poisons in general, the return back to a normal life was a long and heavy journey, although it never became normal like it was before, it became MUCH GREATER then i thought i could imagine! (just a hint into my future) i learned of everything they do to keep us sick. i went to every seminar this DR hosted for YEARS, and at some point i fully gave in to a very strict Paleolithic diet, once i innerstood the role it was going to play in my healing. eventually a full blown ketogenic / carnivorous diet... (i no longer need todo this, things have changed quite dramatically once i found Body Code) i was sick and tired of being sick and tired. i used to eat everything that came to mind before it all happened, i mean anything! i had to accept this and leave it in the past. happily ive done so in time. as i started regaining some strength i felt strongly to protect myself from all toxins, poisons, emfs etc... to continue getting better. i seemed to have MCS, and a strong case of it., along with many other labels I'm sure a

western Dr. could have given me. i noticed the more i stayed away from exposures like FRAG-rances the more i could deal with it when i was exposed to anything toxic.. but not much of it.. like going into a smelly store, gas station, or family members house that was filled with scented products could possibly stun me for days. if not weeks, there was a long stretch where for 3+ years i had agoraphobia, i was too sensitive for the basic hologram matrix of living. (3D infrastructure) refraining from all that I've known was very difficult todo, this was no fun way of experiencing life. even after years... of HARDCORE DETOXING, parasite cleanses, fungal, viral, even vaccine cleanses and extensive heavy metal cleansing... still not TOLERATING toxins very well, symptoms, sometimes debilitating would arise... even after much dieting with all foods that tested well.. and avoidance of the toxins, i would think at times: WHAT AM I DOING WRONG, IM DOING EVERYTHING RIGHT. Eventually i became able to BARE with some exposures about 4years into cleansing, i began to skate again and exercise, it was exhilarating for me. i had to rebuild my body & strength.. that was clear considering the level i was skating at before it all, and how hard it felt starting back up, had a lot of rust to break through. i felt very heavy, but grateful that i could at all! about another 3 years later, that feeling of having progress & then taking 50 steps back would occur every few weeks. i felt a doom & gloom all the time as life was very difficult with constantly having to avoid so many different type of toxins & foods it was truly exhausting, probably exhausting to everyone around me as well, i was constantly telling others they shouldn't do this or that because of how i felt after i was exposed to any toxic by product, if i got hit too hard with perfume or anything i normally react to.. i suddenly didn't have the energy to exercise or work.. i was in constant fight or flight trying to protect myself from my friends and family.. who would wear these dangerous products without completely causing havoc between me & another. i was much better clearly because i was able to do much more... but i was still struggling, yes.. a very long time of battling. Dr Darren, he watched me change completely) he witnessed me near death, to fully thriving & blossoming in the end of it all. god bliss his heart for being so patient with me. one day he introduced me to the emotion code in 2022. he was practicing it and he just read the book, he told me im only trying this out on a limited number of patients. to see what happens if I'm willing to try it. (i was willing to try anything as long as it had todo with muscle testing.) he began speaking to my body pushing on my arm for a YES or NO when usually.. we are using reflex points.. no words. we released only 2 trapped emotions on my first visit, the first one was INHERITED ABANDONMENT.

i had a powerful reaction.. i was crying.. but smiling.. this would be the first time I've witnessed this kind of testing (in a LONG TIME,) and my symptoms seemed to magically disappear for a whole day! which no supplement I've ever taken, amount of fasting, other therapies could do! i believe my spirit was so happy i have finally rediscovered this tool, i had tears i just could not hold back after the release. but i knew the tears were not of my conscious mind. i have memories of my grandmother and a friend of hers doing BODYTALK professionally on me when i was very young. it seemed i have forgotten of this method.. but i remember it helping me through a very hard time. where i wanted to "release the darkness in my belly & Chest" i kept telling them. i must of been about 6 or 7 years old. body talk helped fix this darkness issue.

until that day we did emotion code in Dr. Darren's office. it occurred to me right away that my grandmother being involved in a form of body talk is NO COINCIDENCE. it was a highlight in my souls journey. a hint of where i am headed. a memory to remind me that my soul all ways knew where we were going and everything was orchestrated for a higher purpose from a higher part of me, my soul planned a great recovery story that is for sure... my grandmother passed years before i found my way into energy healing. but that doesn't matter, iv'e reached a point in my Claire senses that i am able to speak to her as i desire at any moment, soul to soul & i know she is proud of my journey, it began to all make sense to me.. right there in the office.. that not only was i right where i needed to be, but i needed to learn this very method RIGHT NOW! CALLED THE EMOTION CODE and begin to heal myself further! so i did, i grabbed the book! muscle testing came naturally as i was already pushing on arms for years due to my weekly visitation to my chiropractor friend, i checked how much money i spent there in over 8years time, one day i asked for a receipt. was around 90 thousand dollars, basically for an education & Huge knowledge base on Nutrition, herbals, Overall Anatomy of the body, Reflexology, Muscle testing in general, Chiropractic, Reversing Dis-Eases & Disorders with Dietary knowledge, i learned Advanced cooking methods, environmental stressors & how to avoid them, advanced hormone knowledge, Nerve & Structural knowledge, i studied herbal remedies & Minerals compounds as well, energetically i feel i have earned many degree's. when i began the body code course, i knew.. i was pretrained for what i was getting into.

HOW DID YOU GET INTRODUCED TO BODY TALK?

without telling a much longer story.. i moved to North Carolina for a last resort for healing. it seemed my body did much better in the mountains, my body wasn't as bombarded with what it was used to. i met an angelic lady named Dr Llianna Call Smith - (smith chiropractic & nutrition in) 2017 i was still in need of deep healing. so i was guided to her and we did some NRT, at this point we were still doing some arm pushing. GOD/Higher-Self lead me to her! A HUGE SHIFT happened here. she taught me a little bit of self testing. before i returned

to FL which was very helpful with how sensitive i was in that moment. i was able to get loads of answers about foods, supplements. many things.. like rooms I'm in, if its safe, (Much later after BC training) this evolved into full environment scans the more i evolved. if an object in a room bothered me i knew about it the moment i entered the area. even something toxic under the ground of the home, or above. i knew about it & many other things of the light & the Dark began to unlock over much time after finding body code, the more i cleansed. & Healed the more evolved the innate senses became. now im aware of what's at a place, long before i arrive there.

i started naturally seeing if i could get answers to full questions, which seemed to have accuracy alot of the time. (all before i found the emotion code) - especially about what wrong with someone else. i headed back to Florida much less sensitive it seemed. after working with DR L. i recovered to a point of visiting the area again.. years later on a vacation in 2022 with my wife iv'e been happily reunited with from past lifetimes. i was under much less stress & pressure within my body. but still avoided everything i could at all costs. we both went to see DR. L because family live in the area. she wasnt pushing on arms anymore! she was doing proxy bodytalk! SHE did a UNIQUE form of advanced body talk that had me blown AWAY.. using offsite testing. but in the same room as you, i was amazed with her technique. hearing her ask our SCM's questions at a quick pace using the SNAPPING METHOD of testing was ASTOUNDING to experience.. it was all nutrition response testing work like iv'e explained before with Darren, but the approach was completely different. this was done in a powerfully light filled way that left me absolutely speechless. this LET ME SEE WHAT IS POSSIBLE & WHAT SPARKED EVERYTHING I AM DOING NOW. the way she was testing our bodies and speaking to our bodies. unlocked a key part of me. still at this point i haven't heard of the emotion code! nutrition response testing a is natural healing / detox program. she uses a wide variety of Nutritionals & Herbals, from muscle tested trusted brands like standard process, energetix, cellcore just to name a few, it has its place in energy healing & may be considered Adjunctive therapy in the body code because they use many homeopathics & i love it! this ultimately lead me to reading up on the body code & becoming certified. after Dr Darren back in Florida introduced EC to me.. naturally i suspected this is what DR. L was doing already! it was close and has its similarities, extremely helpful for the full body alighnment. especially the physical body, i will all ways love NRT and utilize it, but the body code is definitely a different modality all together.. and helped me realize my body may have actually healed years ago... and may have just been holding onto many layers of memories being sick, and emotional Trauma involved with it all. i believe dr bradley nelson, author of the emotion/body code was doing a form of this testing as well (NRT) because i see some of the same supplements he uses on his website in these NRT chiro offices. in november 2022 - i became certified in emotion code. it seems the past 8 years was preparations for fitting this modality into my life like a full body glove!, breaking all of the old parts & patterns of my old life, so i can begin fully anew, and be incredibly focused on helping others recover form things i went through myself. OR preventing them from ever going through them.

3) BECOMING MY OWN HEALER

i worked on my sensitivities, and my emotions regularly after picking up the emotion code book, i signed up for the course, because i wanted to be like Dr Llianna with her amazing bodytalk skills, she was my inspiration, i was super eager to help clear myself of all these years of trauma due to that overnight shift event that occurred in the beginning of this E-Book, i was tired of being constantly afraid.. for years i worried it would come back. or happen all over again. i at this time was not aware of how i would be able to help others! the body code took my health to much greater levels quite quickly & dramatically. i naturally felt drawn to start clearing others once i started feeling the shifts! if you have ever been at an extreme unwell state of physical, mental, emotional health like I've experienced... the Body Code System helped quickly regain my life back (PULLED ME OUT OF A DEEP HOLE)... when nothing else was making huge ginormous shifts like BC has. ive come to the conclusion that you couldn't tell me that the body code isnt a true GIFT FROM ABOVE or.. better yet.. WITHIN... a new life full of beauty and light magic began to unfold for me,

this work was the miracle i was looking for... for 8 years!

4) TOLERATION CHARTS

one day, A short time after i became *BELIEF CODE CERTIFIED*.. me and DR. L began to trade sessions regularly, becoming great friends.. I introduced to her to emotion code.. and she sends people my way that seems to need my kind of help:) she goes to advanced trainings for muscle testing whenever possible, always learning new things! in this class.. they were finding that some patients were testing for certain supplements but were not tolerating them... TOLERATION FACTORS she called it. so she would do the thymus

chest tap method with the intention to break any energy free that wouldnt be allowing one to tolerate a particular supplement when this is found, so this registered true for me during our appointment, at that time i couldn't figure out this tingle i was having on the back of my head... i tested for these supplements so i didnt think before this appointment for any reason i would be reacting to my supplements... and Body code wasnt necessarily making it super apparent at the time that i was reacting to a supplement... while she was clearing me for an intolerance energy she found, by proxy over the phone the tingling was gone... i was not tolerating a supplement called conga-plex! i was astounded in this moment! i was clearing constantly using the body code app for days trying to get this tingling to disappear and it would! but then it would come back hours later and it was just a freaky eerie feeling! and of course i was taking conga-plex everyday indefinitely the reason it would continue coming back because i would take it 2x a day.! not realizing i was reacting to it, not thinking that could be the problem. okay so..

since it came back.. after her helping me recognize this toleration problem.. i thought okay GOD please tell me what's going on... shortly i received guidance to ASK questions. i asked if i was tolerating conga-plex it said NO, tolerating at 80%.. i asked why? it was inherited emotion and a miasm.. & a physical intolerance energy, cleared those and BOOM, THE TINGLING WAS GONE AND STAYED GONE.. its been months and I'm still taking congaplex, not one tinglel funny it was near my C2 disk (allergy disk...) the tingle.. so this is when i thought okay...

i need to find out what else i may not tolerating... at 100% this lead me to making an entire chart for what's really important for me to be tolerating, considering all the things i do in life, places i like Togo, people i am around, i was divinely guided to build this chart, ive had extreme sensitivities for many years, and now, and now it seems i am barely bothered by the things that once stunned mel i am in a happier world id say because i smell things and i don't react! i am around people, places, Toxins, Emfs, seemingly without needing extra nutritional support... for exposure to them or a need for extra clearing! i am simply able todo my normal errands. without being bothered like before! and if i start to, i open up the chart! this has been a serious LEVEL UPPER for mel and i know it will be for you too!

i used to get a burning throat upon any kind of smell.. (Trachea & Thyroid) even..

natural smells. i avoided essential oils like the plague.. synthetic or real.. it didn't matter, my SCM seen it as a threat due to unresolved trauma. i wear essential oils regularly now!!! when i test for them anyways:) anyone that knows me over the years.. would think i am kidding when i say that. because i was HUGE AGAINST ANY KIND OF

FRAGRANCE & EVERYONE KNEW IT

I MADE SURE OF IT. these charts helped me take care of that & many more sensitivities.. began to be a thing of the past, in my continued research after initially discovering this.. with DR L. i took it a few steps further with my Body Code knowledge & the idea of an entire chart was beginning to be visible in my minds eye. i went on and on to find out i wasn't tolerating my phone,

most emfs, my neighbors, the neighborhood i live in itself, the chemtrails in the sky.. just seeing it gave me physical issues immediately at times due to the frustration, that does not seem to bother me

mentally or emotionally anymore after raising my toleration to it to a 100% therefore my physical self remains calm when near these dangers. now... they are dangerous to a degree! but we do not NEED to have reactions to it on any level. I same with 5G towers... and any other things that they are doing we know is negative or wrong, things i very much worried about.. I finally was able to let them go on the deepest level with this method of using the tolerations chart, for example... when i see chemtrails which is often now more then ever. I know its there. but i do not spend any time caring about it. and not having a physical response as a result, and most importantly it is standing the test of time as well, i believe with this chart, we can get to the bottom of many issues that have been Factoring in to these disabling ailments they call MULTIPLE CHEMICAL SENSITIVITIES, & ELECTRO HYPER SENSITIVITIES.. (ALLERGIES IN GENERAL) ITS ALL ENERGY! i used to blame the environment for many many years. but now I've realized.. its everything i am feeling while in these environments that cause my SCM to see the environment as the issue. so release the energy, release the sensitivities! the negative sensitivities that is. I think with these out of the way... our Claire senses begin to enhance & quite quickly.

but even these difficult dis-orders can become a thing of the past & can be healed, you will see what i mean when you start using this TOLERATIONS CHART process! also... again i was FULLY CARNIVORE/PALEO for 8 years, now... i eat EVERYTHING as long as its whole & FRESH now... even breads...(Real euro style Breads of course) & fruits when it shows up on my nutritional needs! i am on the NO DIET, DIET, as the great paul chek states in hbis book, MOVE, EAT & BE HEALTHY. this has got to be the most beneficial of all the reliefs that i personally received using these charts. i barely need outside nutritional support anymore thanks to the fact that i can eat so many foods! my daily detox lifestyle is much easier when i am full of minerals & nutrients i can absorb & utilize! my body used to reject all foods but meat. i can now go to stores of all kinds if i wish-gatherings, safe events.(conscious community socializing) with little to no reaction, yes, at times sometimes i need to clear a cleaning product energy or cosmetics for maintenance. but we are always going to need some maintenance unless we go live in the woods with a non toxic community, we are headed for new earth & fast. non toxic community's are a growing fashion, tough times do not last! SOURCE/GOD always has a plan! as does our souls! the PLAN for me... was that i go through this, figure this out, and share it with the world that we can all HEAL THIS & WE WILL COLLECTIVELY:D thank you for reading! - With love & light - Tyler

AS SEEN AS NUMBER 23 IN THE MATRIX CODE CHART SYSTEM

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