

PE 3a - Food (Nutrition) Add, Delete, Modify

Awareness need to be brought around change in the diet. The client often knows what this is.

Nutrition Metaphysics

CARBOHYDRATES

What do you need to fuel you
Do you need a boost
Have you blocked your need for a boost
Sweetness in life - maybe lacking nice things in life

PROTEINS (building blocks of life)

What do you need to build upon this foundation
What key or master controller do you need

FATS

Protection/insulation/safety
Who/what are you protecting yourself from?

ENZYMES

Do you need catalyst for change/shift in your situation
To build something up or take something down

VITAMINS + PHYTONUTRIENTS (plant based nutrients) Water soluble B C / Fat soluble ADEK

What are you lacking on a daily basis that you need to obtain from the outside world around you to keep you going

MINERALS

Spark plugs that kick start, catalyst
Do you need to be more ground and connected to the earth?
Catalyst for change
Breaking down or building up

ESSENTIAL FATTY ACIDS

Receiving nourishment and letting go of toxins
Alpha linolenic Omega 3
Alpha linoleic omega 6
Omega 3 = DHA + EPA + 6 others

Evaluation:

1. Mode in circuit: IM unlocks
 2. Ask if something to: IM locks
 - add
 - delete
 - modify
 3. Test macro or micro: Look for first IM lock (don't stack)
 4. If Macro ask: protein / carb / fat - Look for first IM lock (don't stack) (drill down from here using chain of life info)
 5. If Micro ask: Vitamin / mineral / enzyme / phytonutrient - Look for first IM lock (drill down from here using chain of life info)
 6. Test literal or lateral (maybe metaphysical awareness required): Look for first IM lock
 7. Close circuit
 8. Find emotion
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Balance:

1. If add / modify food, screen C1 & ear-acu
2. If delete, no need to screen C1 & ear-acu

3. Ask:

- How much?
- How long?
- Amount to start on whether to build the up or reduce it over a period of time?
- **MODIFY means to change either:**
 - Amount eaten
 - Time eaten
 - Form it's eaten in

4. Discuss with client outcomes, and how they need to modify their diet in a way that is achievable for them.

5. Add to home reinforcements.

Note: If lateral not literal, discuss the metaphysics of that substance and how this relates to the goal. Can use ESR to gain insight and defuse.

Checking changes:

1. Check emotion
2. Check mode
3. Check in next time

Summary of Biogenic / Biostatic / Biocidic

Unlock on parotid = Biocidic

Unlock on ear acu + C1 = Biocidic

Lock on parotid + ear acu + C1 = Biogenic

Lock on parotid + ear acu OR C1 = Biostatic