

Quantum Energy Infusion Module 1

True for You Testing for Food

I often test the foods I eat. Twenty years ago, I learned about the 4 day rotation diet in which you rotate your foods to ensure you get a variety of nutrients in your diet. It is also to heal/manage/prevent food allergies and sensitivities. You give your body a rest from a certain food waiting 4 days before you consume it again which is enough time for your body to have completely digested and eliminated that food from your system. For example, if I have almond milk on Monday, I wait until Friday to have almonds or almond milk again.

Back then, I created a chart of what foods I could eat on Day 1, Day 2, etc. so I didn't have remember what was safe to eat on a certain day. Eating this way helped my body heal from many food allergies I had.

Now I am intentional about not eating the same foods day after day. I no longer keep the rotation chart because I have developed this awareness to eat a variety of foods. I can body test what works each day. I usually test for each meal.

I am very grateful for this energy technology of body testing because it gives me the information that is true for me right when I want it.

How do I access the intelligence? I make the statement:

This _____ (food) benefits my body.

What doesn't work:

Can I eat these?

This open ended question doesn't work to get a true or a false answer.

Here is one way my morning can go.

These eggs benefit my body. Yes/True

One egg. Yes/True

Two eggs. Yes/True

Three eggs. No/False

OR my morning could go like this:

These eggs benefit my body. No

This oatmeal benefits my body. Yes

Great! Now for what goes on the oatmeal.

Cow's milk benefits my body. No

Soy milk benefits my body. No

Coconut milk benefits my body. Yes

Protein for my oatmeal.

Walnuts benefit my body. No
Pecans benefit my body. No
Hemp seeds benefit my body. Yes

FYI: If I get a yes on Hemp seeds for my protein, I will use hemp milk instead of coconut milk because it limits me to “one type of food” by using hemp for 2 purposes, the protein and the milk.

Do I really keep multiple kinds of milk in my refrigerator? Yes, I do.

Using this energy technology in my life daily is a form of preventative medicine so that I do not develop food sensitivities or food allergies again.

Suggested Items to test in your kitchen

Any food you consume.

What you use to prepare your food (oils, spices, condiments, butter, etc.)

What you drink.

What you put in your drink (sweetner, sugar, cream, Schnapps, etc.)

Any supplements you take.

If a food is a day or two out of date, I test a food to make sure it is still beneficial to my body. If I get a No, we don't eat it. Or if something smells “off” I will test it even if it is still safe within the date of expiration. If I get a No, we throw it away.

Remember that the response you get is true for you in this present moment.

Remember that things change. What is true for you today may not be true tomorrow.

Remember, we do not get to test for the future.