

Do not drink cold beverages during your meal. Warm water or ginger water supports the digestion. Do not eat ice cream as dessert. This will interrupt the digestion process.

Do not eat a heavy meal after 7:00 pm. (Light soups are allowed.)

Sweet, yellow food activates the digestion energies of the stomach, spleen and pancreas.

Enzymes (pineapples, papaya), caraway, fennel etc. make the food easy to digest. Aloe gel soothes the stomach.

Watch for regular elimination of waste products from your body through daily (ideally morning) bowel movements and consistent urination.

## □ Kidney and Abdominal Region

Contact your healthcare provider for an exam if you are in pain or have menstrual problems.

**Women:** Pay attention to regular menstruation, as your monthly cycle aids in the physical and psychological elimination of poisons from your body.

Pay attention to the harmonic relationship and energetic healthy interaction with your sexual partner.

Have sex only with a partner to which you have a real emotional connection (or negative feedback over the astral umbilical cord may occur).

In case of sickness or weakened life energy, abstain from sex for a while, because through semen ejaculation too much valuable life energy can be lost.

Watch your diet. Eat only natural, optimal energy foods: milk and milk products (preferably milk from a healthy cow), Ayurvedic clarified butter (Ghee), almonds, marzipan, nuts, asparagus, licorice, saffron, honey, raw sugar and sugar cane. These foods nourish the reproduction organs and strengthen the sexual energy.

Strengthen the kidneys and abdominal organs with a harmonising Chromalive® Colour and reflex zone therapy.

Kidneys: Drink plenty of liquid and watch your urine elimination.

Drink natural, energy activated water (e.g. energy activated with the Wekroma-Water filter, Gie-Water, etc.)

Abstain from sparkling water as these beverages create an acidic condition, which are the basis for numerous problems and sicknesses.

Colour tonation and harmonic music treated water (see books by Dr Masaru Emoto on the water crystals) energizes your tissues (70% of a person's body consists of water) and cleanses your emotional body from negative feelings.

## □ Scars

Scars can be caused by injuries (accidents), inflammations, operations, or piercings. Scars can cause blockages in your energy system and meridians, which can lead to physical and psychological disorders over time. We recommend a scar repair system. This can be done with special scar creams, colour light application, or Acupuncture. A qualified Therapist can advise you.

## □ Piercings

Piercings have nearly the same effect as scars. Often they consist of incompatible materials, like nickel or gemstones, which can lead to allergies. They can disturb the energy flow in the fine matter of the body's energetic network and can lead to physical pain and psychological illnesses. If the piercings are done on acupuncture points, the consequences can be negative.

Piercings in the area of the belly button, vagina, breast nipples, ears, nose and tongue (heart zone), can have a negative affect on the energy system, according to Chinese Medicine. Through friction inflammation can occur, which can leave disrupting fields and scars on acupuncture points and reflex zones.

## □ Tattoos

Nowadays tattoos are very popular. But to the energy system they are not always compatible. The tattoo colours can manifest as poison and the scars and inflammations can disturb the energy of the reflex zone. Negative symbols and motives, like ugly faces, skulls, etc., can disturb the resonance system of a person's energy field.

This information has been offered to you:



# Energetic Protection Techniques for Harmonising the Body, Mind and Spirit

The energy measurements with the Biopulsar-Reflexograph® Biofeedback System gives insight into the potentials, dispositions, and blockages of your energetic field.

In this brochure you will find tips and advice on how to maintain your health and wellbeing.

Should sickness or pain occur consult a qualified doctor or naturopath immediately!

## □ Brain

In cases of depression, low spirits, lack of concentration, forgetfulness, vertigo, and headaches, the following is recommended:

Visit your doctor, psychologist or health practitioner and request a thorough examination.

Every minute practice positive thinking! Keep your thoughts in the "here and now".

Don't brood about a negative future, past events, or what could possibly happen. Be in the present moment!

Protect yourself against the negative energies of other people. Avoid negative news on the television and internet and in newspapers and magazines. They tend to spread fear and rob your life energy. Instead read a good book, which makes you happy and gives you positive energy.

Heighten your brain energy through meditation or connect on a regular basis to a higher positive power (prayers to God, Angels, etc.)

Yoga and Mantra chants (healing sounds like AUM). Daily visualisation of a golden Aura around your body builds up a strong Aura, which will protect you the whole day against energy attacks.

Visualise positive, relaxing pictures like you are standing under a waterfall and all your worries are washed away.

To increase your brainpower you can use the Chromalive® Penlight and massage the brain reflex zones with the high frequency magenta colour.

Eat organic, whole and fresh food, which contain more "light" energy (Ayurvedic: sattvic). E.g. Beans, rice and the most sun ripened vegetables and fruits. Energetically meat has a lower frequency and is darker and should be eaten sparingly or not at all. The "light" energy of the food passes to your energy body and provides the organs and the consciousness with good life energy.

Avoid foods that are denaturalized and cooked in the microwave (see Ayurvedic nutrition or 5-elements kitchen). Saffron, 2-4 almonds and honey should be included in your daily menu. They heighten the performance of the brain.

Take a walk in nature and hug a tree. Let the positive energy of the tree enter your body.

Don't confuse your brain and your consciousness with the use of nicotine and other drugs.

## □ Ears

Have a thorough exam by an Ear specialist (Otolaryngologist).

Use your cell phone as little as possible. Turn it off when not in use.

Avoid cordless telephones.

Use cell phone protection. There are special chips that protect against EMF radiation emitted from your cell or cordless telephone.

Do not use wireless LAN (Local Area Network) in your PC or other radio technology in your house without adequate protection.

Screen your bed from electro smog e.g. put a radiation safe baldachin above your sleeping place (Aronia or the Swiss Shield make these types of products).

Increase your life energy by listening to positive songs and harmonic music.

Avoid negative and critical people.

Test if your ear piercings are interfering with any reflex zones.

## □ Eyes

Relax the eye region with the Chromalive® Colour Light treatment.

Do regularly eye exercises for relaxation.

Do not irritate your eyes with too much computer work or television. Ideally wear computer protection glasses to reflect the hazardous blue light from penetrating into your eyes.

Get adequate sleep.

Gaze upon beautiful harmonic things that are pleasing to the eye.

## □ Mouth

Have regular dental check-ups (once or twice a year).

Avoid amalgam and other damaging materials, as they can produce a current and irritate the nerves.

Brush your teeth 2-3 times daily. Also, floss daily and brush your tongue.

Discuss your problems or worries with family or friends. The swallowing of anger can give you indigestion and make you sick.

Remove any tongue jewellery if the piercing is interfering with any taste sensations or reflex zone energy.

## □ Nose

You are fed up. Let the dammed-up negative energy go by telling your problems to a good friend.

Avoid mucus forming foods like milk and dairy products (drink soy, rice or almond milk instead). As well, avoid products with yeast.

Take more Vitamin C, garlic, ginger (tea), and horseradish (acts against mucus build-up).

Remove any nose jewellery if the piercing is interfering your ability to smell or reflex zone energy.

## □ Shoulder - Region of the Neck

Do relaxation exercises every day by moving your head and shoulders slowly in all directions.

Make sure that you do not overstretch.

Indulge in a therapeutic massage.

Watch that you do not take on too many responsibilities or are burdened with too many problems, especially the troubles of other people. Unload the weight of the world off your shoulders.

## □ Breast, Heart, Lung Region

Consult with your healthcare provider if you have any pain, shortness of breath, cardiovascular disease or vertigo.

Practice light physical exercises such as yoga and breathwork regularly. Breathe deeply into your stomach. Feel how the breath of life energy flows into your innermost being.

Do not take the problems of life to heart. Stay loose and relaxed and visualise a positive future.

Meet with family or friends and go on outings. Relationships activate the heart energy and bring happiness to your life.

When you are lonely contemplate getting a pet.

Watch what you eat. A natural and balanced, light diet, which is not mucus forming, is highly recommended.

Activate your lung energy with white and tangy, warming food, e.g. rice, ginger, pepper, chili, horseradish.

Activate the heart energy with red and bitter food.

Keep your acid/alkaline balance in check. Try to maintain a proper pH level throughout your body.

## □ Stomach and Digestion Region

Should you experience pain or digestion problems consult your healthcare provider.

If you have an acidic stomach condition and sour belching take Bullrich Salt or an anti-acid.

Eat a balanced diet of natural, easily digested foods (no heavy salads or raw foods, no meat, white flour, white sugar).

Eat moderate portions.

Eat regularly. Eat a hot meal at least once a day.

Eat in a quiet, stress-free atmosphere; do not read the newspaper while eating; do not watch television, and don't listen to arguments. Chew your food thoroughly and take the time to enjoy and relax.