

Lauren Barker

Raising Frequency Through Alkaline Foods

At times when we are having a hard time with life's stresses, we may turn to food to comfort us. I am certainly a person who indulges in some comfort food to ease an uncomfortable situation. But how comforting is comfort food? Is it helping us with our stress or pushing it down which is harming us further? The fried, high fat, high sugar foods I was choosing to "comfort" me were making me very ill. My negative thoughts and feeling toward myself were adding to the dis-ease. I ended up in the hospital with no explanation as to why I was suffering with very painful pancreatitis and gastritis. I was unable to eat for a week until my body was cleaned out completely. The doctors had no idea why this was happening, and I discovered I was on my own. After being told to eliminate certain foods like dairy for a month and reintroduce it to see if there were any problems, I finally discovered it was my diet and the lifestyle I was living.

I found Alfredo Bowman, also known as Dr. Sebi's alkaline lifestyle. He devoted his entire life to researching what foods were naturally created by Earth which created this highly alkaline vibrations in the body. He created a list of foods including fruits, vegetables, seasonings, grains, nuts, seeds, sweeteners, oils, and herbs. Some of the fruits were: mangos, seeded grapes, soursop, all berries except cranberries, baby bananas, etc. Some of the vegetables were: dandelion greens, squash, watercress, all lettuce except iceberg, sea vegetables, all mushrooms except shitake, etc. Not only does organic alkaline foods create a high vibration in the body but also rejuvenates our body down to the cellular level. Your skin, hair, nails, energy levels, smell of your body, etc begins to change and your body transforms. There is a method to getting our body, minds, and spirit to vibrate at such a high frequency and it starts by detoxing the body.

Dr Sebi did the same deep research with herbs that are used as natural medicine and detoxing our body. After all the years of consuming low vibrational foods our body is sluggish, with clogged arteries, backed up lymphatic system and become riddled with mucus and dis-ease. Therefore, the first step is detoxing the body using alkaline herbs and a gallon of water a day, while consuming small portions of alkaline foods. The herbal compounds he created in capsule form cleanses the body by breaking down harmful acids, mucus, toxins, and calcification. The herbs rebuild and restore the bodies entire system leaving your body in the state it was always ment to be at. The wonderful thing about the herbs

is you don't have to take the compounds; you can also make them into teas and drink them to provide your body with the same benefits. Some, like my past self, become so accustomed to feeling sick we don't even recognize our own suffering. After a month of detoxing and devoting myself to this lifestyle I had lost 40 pounds and had never felt so good in my entire life. Changing your lifestyle doesn't only change your body but also transforms your mind in the ways you feel about your self-worth.

By devoting my choices to my overall health, I noticed my mindset changing as well. I used to think I wasn't worthy, and I didn't matter, which caused me to turn toward those unhealthy thoughts and actions. The more I thought these low vibrational thoughts, the more I would cover them with food. All that was doing was making my vibrations even slower, weaker and getting me to the point where I was feeling no form of vibration in my body at all. I realized that everything I had learned to be "healthy" wasn't and it was time to start healing the way I felt about myself. Dr. Sebi's videos helped me realize I could eat as healthy as possible but if I didn't have unconditional love for myself the acidic low vibrations will always creep back into my life. I started looking into vibrations through thoughts we think and words we use to describe ourselves and communicate with others. I began creating mantras everyday to assist in transforming my mindset and heighten my vibrations even more. I understood that by making these lifestyle changes I had chosen to love my body unconditionally. Soon these mantras turned into rituals I do every day to connect with my higher truth and love. This created an attraction of different kinds of people into my life. What I was feeling internally was creating something so beautiful externally through high vibrational thoughts.

At the end of the day we all have a choice within ourselves to live at a higher vibration through food, actions, feelings and beliefs. Or we can stay in stagnant frequencies that pull us further away from our truth, purpose, and inner love. Alkaline foods are one tool to keep you vibrating at a higher frequency. Picking the organic apple from the tree will always have a higher vibration than the apples cut up with preservatives on them from Whole Foods. Shopping from the farmers markets will always feed your cells a purer vibration than the food sent from overseas. Those foods lose their vibrational value being that they are unable to ripen all the way with the energy of the sun's rays to maximize the vibrational quality. Sometimes it may take our world to begin crumbling before us to make that shift, but all that matters is we take the first step toward that positive frequency change that's necessary. We all matter and are worthy on this planet to

significantly create a high vibrational loving energy that not only is changing ourselves but affecting those around us in a positive way.