

ALLERGY SUPPORT

What can we be allergic to?

We can be allergic to things we eat, breathe, contact, drink, electromagnetics, felt (current or past), garbage (toxins such as chemicals in medications, vaccines, personal care products etc.), our own body (body fluids, heavy metals, body parts and organs), or invaders (virus, parasites, bacteria, fungi.)

Emotional roots of allergies...

All of these 'allergies' have an emotional roots associated to negative thought(s) and some sort of misaligned spiritual belief. It is our body having an over-reaction to something because we are fearful in some way because we have forgotten that we have the resolving power within. Did you also know that allergies are closely linked to eczema and asthma? When we help our body resolve one issue, the other gets better too.

Allergies

- Suppressed weeping
- Imitation substitute for colds
- Feelings that don't seem to have an answer to change
- Fear of sharing feelings with people
- Feeling stifled
- Denying own power
- Feeling aggravated by someone or something

Eczema & Psoriasis

- Over-sensitive
- Feeling you are being interfered with or prevented from doing something, thus feeling frustrated
- Unresolved hurt feelings
- Unresolved feelings of irritation

Asthma

- Reliving childhood fears
- Need for dependence sometimes unconsciously
- Chronic anxiety & fear
- Feeling dominated or stifled by parents and others
- Being over sensitive
- Suppressed sorrow or crying or grief
- Not satisfied with yourself

<https://jadebalden.com/allergies/>

4 IMPORTANT SIMPLE STEPS

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- 1. Honor your Body by Cleansing, Feeding, and Protecting cells:**
 - a) **Cleanse Cells:** Do the 30-day cleanse 3-4 times a year. For kids do the kid's cleanse version. (<https://jadebalden.com/cleanse/>) Or Take citrus oils in water daily. **Seasonal blend:** 2 drops of lemon, lavender, peppermint in water or in a capsule in the morning.
 - b) **Feed Cells:** Eat a clean diet. No artificial preservatives, colors, flavor enhancers (MSG) and GMO foods. Use quality supplements and probiotics.
 - c) **Protect Cells:** Combine 2-4 drops of each of Cedarwood, Lavender, Yarrow|Pom, Blue Tansy in a 10ml roller bottle and fill up with Fractionated Coconut oil. Apply topically on skin areas of concern. Apply a few drops of **DDR Prime** blend on the feet twice daily for overall DNA protection and repair.
- 2. Owning Your Power:**
 - a) **Stop blaming and let go of things you really CAN'T control.** Be unattached to people, situations, and things you can't control.
 - b) **Face emotions and resolve emotions such as grief in a productive way.** Choose happiness no matter what anyone else chooses. Study the emotions of these oils: Cedarwood, Frankincense, Lavender, Melaleuca, Yarrow|Pom
 - c) **Focus only on positive things you have control over** and make conscious intentional choices to be happy and relaxed.
- 3. Detect Who You Are:**

Work on self-love and self-acceptance as a divine being filled with potential and light. Diffuse oils such as Balance, Bergamot and Wild Orange to help you be calm & grounded. Pray. Meditate. Write in your journal daily until you detect who you are and what your purpose on Earth is.
- 4. Fulfill Your Purpose:**

Take action. Focus on your passion and joys. Be busy being a powerful creator of your life. Diffuse your favorite oils daily ask you working on taking action. Try Blue Tansy for example.