

SoulArt Allergy Healing Protocol

■■ Step 1: Identify the Allergy

- Use the SoulArt Allergy Chart to pinpoint the root sensitivity via kinesiology.
- Ask: Is this allergy primarily physical, emotional, or energetic?

■ Step 2: Decode the Root

- Ask: Is this trauma-held? Due to overload? Ancestral?
- Use prompts like: Is the liver or immune system involved?

■ Step 3: Release & Reset the Frequency

- Use a magnet down the governing meridian.
- Breathwork: 3 deep breaths, exhale through the mouth.
- Chakra clearing + Color therapy (Red, Orange, Blue, Purple).
- Optionally use SoulArt or a colour frequency card during clearing.

■ Step 4: Physical Support – Supplements

- Histamine: Quercetin, Vitamin C, DAO enzyme, Bromelain
- Mold: Activated Charcoal, Chlorella, NAC, Milk Thistle
- Gut: Probiotics, Digestive Enzymes, Slippery Elm
- Hormones: Maca, Ashwagandha, B-complex, Magnesium
- EMF: Shungite, Fulvic Acid, Grounding practices
- Emotional: Bach Flowers, Homeopathy
- Fungal: Pau D'Arco, Oil of Oregano
- Parasites: Black Walnut, Clove, Wormwood

■ Step 5: Mushroom & Herbal Allies

- Immunity: Reishi, Chaga
- Gut: Lion's Mane, Marshmallow Root
- Mold/Fungi: Turkey Tail, Myrrh, Clove
- Nervous System: Cordyceps, Lemon Balm, Holy Basil

■ Step 6: Replace the Frequency

- Affirmations: "I am safe, sovereign, and strong in my body."
- Use art, sound (432Hz), or colour to imprint new resonance.

■ Step 7: Ritual of Release & Reintegration

- Burn paper, ring bell, or use any joyful act of release.
- Invite the body to remember its harmony.
- Optional: Draw SoulArt representing the new state.