

Food Strategies during the Holidays

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Working as a Quantum Techniques (QT) practitioner I have the privilege of following many of you on your individual healing journeys. For most of you some major life style changes are necessary initially, for example an adjusted diet. Maybe it is toxins that need to be avoided, maybe you need to keep an antifungal diet or maybe you have to avoid certain foods that your digestive system is not ready to handle yet. Whatever the reason we have to keep a new diet and these changes can be difficult, especially at the beginning. After a while though the diet adjustments seem to fall into place for most of us and we find a way to make it work in our everyday lives. Two factors seem to be crucial in this context:

1. That one understands that the diet really is a very important part of the treatment.

Toxins can indeed erase treatments, and, if you do not stick to an antifungal diet it is very difficult to get rid of a fungal issue, which is often a very powerful block to healing.

2. That one understands that the strict diet that might be necessary initially is only temporary.

Once you have cleared out any fungal infections and you have done the emotional work needed to make peace with your food toxins you all of a sudden have many more options again! But, if you never take your body's messages seriously and you keep challenging your body it never gets a fair chance to heal itself. The special diet then becomes a very long-term story and you will most likely also have to wait for a very long time – or even forever – for any major healing breakthroughs.

So, what does all of this have to do with the holiday season? Well, simply because I know that for many of us the holiday season is Temptation Season. Everywhere we look there seems to be something we are supposed to eat or drink, and, many times it is not on our QT diet list! Often there are also traditions that make all kinds of delicious foods and drinks appear that we do not see for the rest of the year and that we feel we simply must ingest them. For many of us this is also a time for spending time with family and friends and often eating and drinking together plays a big part of this. So, not only are there many temptations around, you also often have to deal with other peoples' opinions about what you can eat or should be eating.

How you choose to deal with your diet during the holidays is entirely up to you. I would just like to remind you of a few things that might make it easier for you to make healthy choices:

1. The diet is a very important part of the QT treatment.
2. If you know how to self-test, do it! Easily, quickly and accurately your body tells you what your body can handle. Maybe there is even room for some of that delicious cake...
3. Do you not trust your testing just yet? Test anyway – you will still have more information than if you do not test at all. And, the more you practice, the more you learn to trust your results and the more accurate it gets!
4. The more strictly you follow your diet – the sooner you can eat more “normally” again!

5. If someone is trying to persuade you that you “deserve” to eat like everyone else during the holidays, you can remind yourself that you also deserve to be healthy! Maybe it is a reasonable price to pay; skipping some of those goodies this year in order to help your body heal? If you are very committed now, chances are you will have many more options next year!
6. Sure, the food is a big part of the holidays, but, maybe your adjusted diet can give you an opportunity to find other blessings to focus on and enjoy, like the celebrations, the friends, the family, the music, the atmosphere, etc.
7. Should you still decide to make some exceptions from your diet over the holidays - that is okay. Just keep in mind that it is better to cheat big time one or two days rather than doing it repeatedly over time a little bit here and there. Afterwards, do not take it as a reason to throw the whole diet or the whole treatment overboard. Just make sure you get back on your dietary program as soon as possible. I also recommend you get in touch with your QT practitioner so that you can get any lost treatments reinstated and your energy system rebalanced. There is no point in beating yourself up about it or feeling guilty – instead choose to enjoy your food while eating and afterwards just let go, forgive yourself and move on to your healing journey!

My best holiday wishes for all of you!