

FREE ENERGY CLEARING SCRIPT INSIDE

FOOD INTOXICATION

The Hidden Truth

Why You Feel Drained After Eating – And
How to Clear It with EFT Tapping

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Creator of the Holistical
Method

@holisticalmetod

*“Your body isn’t broken.
It’s protecting you.
Now it’s your turn to protect it.”*



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by **Angel Dimitrov | Holistical Method**

Why You Feel Drained After Eating – And How to Clear It with EFT Tapping

You just finished a meal... and suddenly feel drained. Heavy. Foggy. You've been told it's "just digestion." That your blood is busy in your gut. But your body knows better.

Here's the truth: Most modern food is filled with toxins—preservatives, artificial flavors, GMOs, microwaved leftovers, and low-frequency ingredients.

That tired, bloated, foggy feeling? It's not digestion. It's food intoxication—your body is in defense mode.

This guide will help you understand what's happening... and give you a simple, powerful EFT (Emotional Freedom Technique) script to clear it.

What is Food Intoxication?

Food intoxication happens when the body detects harmful substances in the food you eat.

This could be:

- Chemical additives or pesticides
- GMOs and hormone-altered foods
- Spoiled or low-vibration food
- Microwave-altered frequencies
- Heavy metals or preservatives

Instead of processing and absorbing, your body switches to protection mode. Fatigue. Bloating. Emotional fog. Water cravings. These are signs your system is trying to flush toxins, not just digest food.

by Angel Dimitrov
Creator of the Holistical Method
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Myth vs. Truth

MYTH: You're tired because digestion takes energy.

TRUTH: You're tired because your body is working hard to clear toxins.

You don't need more coffee. You need clarity, hydration, and an emotional reset. That's where this script comes in.

EFT Clearing Script: Releasing Food Intoxication

Use this script after eating, especially if you feel heavy, tired, or emotionally off.

Step 1: Self-Inquiry

Ask yourself:

- Is this a food intolerance or an intoxication?
- What food triggered this?
- Is this from today, or a pattern from the past?
- Could this be inherited?

Say: "I now release inherited food trauma and choose to heal it fully." (Tap gently on the chest)

Karate Point Tapping (Left Hand):

"I accept myself, even if I have food intolerance or intoxication. I allow my body to release what no longer belongs. Even if this came from: chemical additives, GMOs, hormones or antibiotics, spoiled food, dairy, radiation, heavy metals, microwaved food, flavor enhancers."

Karate Point Tapping (Right Hand):

"Even if my body absorbed this, I'm ready to flush it out now. I'm not blaming myself—I'm choosing healing. I release this pattern with love."

Forehead + Chest Tapping:

"I deactivate the feeling of food intoxication. I erase it from my holographic matrix. I release it from every cell of my body."

Final Step: Hydration + Affirmation

Place hands over your chest. Breathe deeply 3 times. Drink water.

Say: "I forgive my body. I thank it for protecting me. I return to balance and clarity now."

Next Steps on Your Healing Journey

You're not just tired. You're not just bloated. You're intuitive, and your body is asking you to listen. This script is the first step toward aligning with your own healing intelligence.

Integrate the Tool:

Use this EFT sequence daily, or anytime you feel:

- ✓ Drained after eating
- ✓ Cravings without reason
- ✓ Disconnected from your body
- ✓ Stuck in brain fog or emotional heaviness

Holistical Method Invitation:

The Holistical Method isn't just about food—it's about restoring energy on all levels:

- 🌀 Clearing emotional and ancestral patterns
- 💧 Resetting your energy field
- 🌱 Reclaiming your intuition and strength
- 🌟 Healing through presence, breath, and intention

*With love,
Angel*



Thank you for trusting your body. Healing begins when you do.