

FREE ENERGY CLEARING SCRIPT INSIDE

FOOD INTOXICATION

The Hidden Truth

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

Angel Dimitrov

Creator of the Holistical
Method

@holisticalmetod

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



FOOD INTOXICATION

The Hidden Truth

by Angel Dimitrov | Holistical Method

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

You finish a meal... and suddenly you're heavy. Foggy. Drained. They tell you 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. Low-frequency ingredients stripped of life. That tired, bloated, cloudy feeling? That's not digestion. That's food intoxication. Your body isn't breaking food down - it's defending itself.

What Is Food Intoxication?

Food intoxication happens when your system detects harmful substances in what you eat.

This could be:

- Chemical additives or pesticides
- GMO or hormone-altered foods
- Spoiled or low-vibration meals
- Microwave-damaged frequencies
- Heavy metals or preservatives

When this happens, your body switches into protection mode. Fatigue. Bloating. Emotional fog. Constant thirst. These are signs your system is flushing toxins, not just digesting a meal.

Myth vs. Truth

MYTH: You're tired because digestion takes energy.

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

You don't need another coffee. You need clarity, hydration, and an emotional reset.

That's where this script comes in.

Step 1: Self-Inquiry

Ask yourself:

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

Say aloud while tapping gently on your chest:

"I now release inherited food trauma and choose to heal it fully."

Step 2: Karate Point Tapping (Left Hand)

Repeat:

"I accept myself, even if I feel food intolerance or intoxication.

I allow my body to release what no longer belongs.

Even if this came from additives, GMOs, hormones, antibiotics, spoiled food, dairy, radiation, heavy metals, microwaved meals, or flavor enhancers - I release it now."

Step 3: Karate Point Tapping (Right Hand)

Repeat:

"Even if my body absorbed this, I'm ready to clear it.

I'm not blaming myself - I choose healing.

I release this pattern with love."

Step 4: Forehead + Chest Tapping

Repeat:

"I deactivate the feeling of food intoxication.

I erase it from my holographic matrix.

I release it from every cell of my body."

Step 5: Hydration + Affirmation

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

Say:

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

by Angel Dimitrov

Creator of the Holistical Method

www.holisticalmethod.com

www.holisticalmethod.com

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 only the first step. Each time you use it, you're aligning with your own healing intelligence, awakening your natural ability to restore balance and clarity.

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

The Holistical Method isn't just about food - it's about restoring energy on every level:

- **Clearing emotional and ancestral patterns**
- **Resetting your energy field**
- **Reclaiming your intuition and inner strength**
- **Healing through presence, breath, and intention**

With love,

Angel



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