

Allergy Decoder

A 7-Step Healing Protocol for Sensitivities and Allergies

Decode the root cause, release the frequency, and restore harmony to your
body

SoulArt Temple — Premium Tool (Root Chakra)

What is the Allergy Decoder?

The Allergy Decoder is a guided healing protocol that helps you identify sensitivities (physical, emotional, or energetic), decode their root causes, and perform a frequency reset to promote healing. It combines kinesiology, meridian work, colour therapy, and natural support recommendations.

This tool is not a substitute for professional medical advice or treatment. Always consult a qualified healthcare provider for medical conditions. Please read the SoulArt Medical Disclaimer before using any of our healing tools.

The 7-Step Healing Protocol

Step 1: Identify the Allergy

Use kinesiology (muscle testing) to pinpoint the root sensitivity. Categorise the allergy by type:

- **Physical:** Food sensitivities, environmental triggers, chemical reactions
- **Emotional:** Stress-triggered responses, psychosomatic reactions
- **Energetic:** Frequency-based sensitivities, electromagnetic sensitivities

Step 2: Decode the Root

Identify the underlying source of the sensitivity using muscle testing:

- **Trauma-held:** Stored in the body from a specific traumatic event
- **Overload:** System overwhelm from cumulative exposure
- **Ancestral:** Inherited through DNA/ancestral patterns
- **Liver Involvement:** Detoxification pathways compromised
- **Immune System:** Immune response dysregulation
- **Gut Related:** Microbiome imbalance or gut permeability

Step 3: Release and Reset the Frequency

Perform the energetic release:

1. **Meridian Swipe:** Swipe a magnet down the governing meridian (top of head to back of neck) 3 times
2. **Breathwork:** Take 3 deep breaths with mouth exhales to clear stagnant energy
3. **Colour Therapy:** Select a healing colour to support the reset:
 - **Red** - Root Chakra: grounding, safety, stability
 - **Orange** - Sacral Chakra: creativity, flow, emotional balance
 - **Blue** - Throat Chakra: communication, truth, cooling
 - **Purple** - Crown Chakra: spiritual connection, transformation

Step 4: Physical Support - Supplements

Consider targeted natural supplements to support the body's healing (consult a healthcare professional before starting any supplement programme):

Category	Suggested Supplements
Histamine Support	Quercetin, Vitamin C, DAO Enzyme, Bromelain
Mould Support	Activated Charcoal, Chlorella, NAC, Milk Thistle
Gut Support	Probiotics, Digestive Enzymes, Slippery Elm
Emotional Support	Bach Flower Remedies, Homeopathy

Step 5: Mushroom and Herbal Allies

Natural allies to support your body's healing journey:

Focus Area	Natural Allies
Immunity	Reishi, Chaga
Gut Health	Lion's Mane, Marshmallow Root
Mould/Fungi	Turkey Tail, Clove

Nervous System

Cordyceps, Holy Basil (Tulsi)

Step 6: Replace the Frequency

Imprint a new harmonious frequency into your energy field:

"I am safe, sovereign, and strong in my body."

Methods to anchor the new frequency:

- Create SoulArt (drawing, painting, or doodling with healing intention)
- Listen to 432Hz healing sound frequencies
- Colour visualisation using your chosen healing colour
- Gentle movement or breathwork

Step 7: Ritual of Release and Reintegration

Complete your healing session with a celebratory act of closure:

- **Burn Paper Protocol:** Write what you are releasing on paper and safely burn it as a symbolic release
- **Ring a Bell:** Use sound to clear and seal the space
- **Joyful Movement:** Choose a practice to anchor the new frequency:
 - "Shake It Off" - vigorous shaking to release residual energy
 - "Victory Dance" - celebrate your healing with movement
 - "Grounding Stomp" - firm, grounded steps to anchor your reset
- **Journal:** Record your experience in the Sacred Journal

The Burn Paper Protocol

1. Write down what you are releasing on a piece of paper
2. Read it aloud one final time with the intention of letting go

3. Safely burn the paper (use a fireproof container)
4. As it burns, visualise the old frequency dissolving into light
5. Take 3 deep breaths to seal the release

Healing Soundscapes

Sound frequencies can powerfully support your allergy healing work:

- **432Hz:** The natural frequency of the universe, promotes cellular healing and harmony
- **Tibetan Singing Bowls:** Deep resonance for clearing and balancing energy centres
- **Nature Sounds:** Grounding and calming for the nervous system

"I invite my body to remember its harmony."

Access

The Allergy Decoder is a **Premium Tool** available to Premium members (from £6.99/month). It is located in the Root Chakra room of the SoulArt Temple.

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