Addiction and Sugar

Begin the a flexibility move that helps you to feel the body stretch and expand. Notice what this feels like, how far you can move, the coordination of the muscles and thoughts to smoothly make the move, and the energy required to do the move. Now, place a packet of sugar in your energy field (touching your body or within an inch of the body). Redo the flexibility exercise and see what happens. Are the muscles still coordinating smoothly? Can you stretch fully and completely? Do you have the same strength and energy to work with? How does it feel?

Sugar acts like a vaccuum. It will suck energy from the body when it is in the energy field, and it will take away from the ability of the body to function. The sugar does not have to be ingested for this to occur, it just needs to be in the energy field. If you noticed that your body responded with less flexibility and ease with the addition of the sugar, you are feeling the effects of the sugar. This is a good time to reflect on the foods that you eat before a workout or before hiking or walking, as well, the foods that you will pack to sustain you on a long exercise excursion. If processed sugar is in this process, it will be draining the body of needed energy and vitality.

If your response to sugar was no change or increased flexibility, then you want to further check the body for an addiction to sugar. An addiction means the body will suck energy from any source it can, and it will grab on to sugar to satisfy this need. To further muscle test for addiction you can assess an indicator muscle, add the sugar to the field and retest. If the muscle holds strong, there is a chance of addiction. If it weakens, the body is not addicted. If you place a magnet on the indicator muscle with the north pole to the muscle, and the indicator muscles stays strong, this is an affirmative for addiction. If the indicator muscle releases, there is no addiction. If you don't have a magnet but find that the body increased in flexibility or strength, then there is a good chance of addiction and the correction is very valuable.

To correct for an addiction, place the thumb pad on the nails bed of the pinky and fourth finger, leaving the second and third fingers straight out. This is called "Sword Fingers" and is used for other techniques as well. Begin tapping around the ears starting at the front of the ear, over the top (on the head), and around to the base side of the ear. Continue back and forth for a minute or two. Make sure that the sugar is placed on the belly button during this process so the body knows that you are changing the energetic reaction to sugar with this process. You can add affirmative statements with the tapping if you like. For example, I release the need to consume sugar every day, or I no longer need to sweeten my life with sugar, or I support my body with health food choices every day. You can say these phrases out loud as you tap. When you feel you have felt a shift in the body, the body has taken in a deep breath, or you have tapped for a few minutes, then stop.

Recheck the body's reaction to sugar by redoing the first exercise with no sugar on the body. Then, add the sugar into the energy field and see what happens. Now the body should react with a reduction in ability because of the sugar's presence. You have changed the body's need to be addicted to sugar, and now the body will be able to respond appropriately to the presence of sugar. Notice what things you may choose or do in the next few days or weeks in relation to sugar. This tap can be used with other addictions as well.