

Food and Money Go Hand in Hand

10 foods that attract money

Did you know that there are foods that keep you from having more abundance or money in your life? Did you know that eating some foods can help you be more stubborn, irritated, fearful, anxious and procrastinate. If you didn't then read further.

There are many things we put into our bodies that create good and not so good reactions and when we begin to truly pay attention to these things is when we are humming at our best. The challenge is that we aren't paying close enough attention to what goes into the mouth. I mean, we aren't paying attention to the fact that what we put in our mouth and the reaction of runny nose, fearfulness, lethargy or upset stomach is all related to what was put into the mouth.

For the past 15 years client's have asked me how to eat. Not only do they ask me how to eat they want to know how I eat. The reason for this is that I have a **lot** of energy and the body doesn't get sick. My answer is always you wouldn't want to eat like me, it would be too difficult for most people. Eating right is a gradual process.

For the past 15 years my life has consisted of a vegetarian diet. Sometimes it was a great vegetarian diet and sometimes not so great. Always the diet consisted of paying attention to the food that went in my mouth and how my body reacted. If my stomach was even a little upset after eating something then I would likely not eat that again. When the skin would break out it would likely change what I put into the body because the breakout was usually after eating something that I'd had the day before.

When you eat food that is cleaner, meaning without chemicals, and then you put a chemicalized food into your body it gives you signals. There are not exceptions to this. Chemicals in the food show up as the body being puffy the next day or feeling drugged.

One day a, long while ago, I was craving ice crème. I went to the store and bought the one that had no preservatives and only 4 ingredients. As I really wanted to least reaction possible I felt I made a good choice. I recall waking up the day after having a heaping bowl feeling like I had been out drinking the entire night before. For a while I couldn't figure out what I had done that could possibly make me feel this way. It dawned on me that the only thing I had done differently was eat ice crème. Turns out that the sugar, basic sugar, was what gave me that hangover.

Being a detective about the food that goes into your body is truly in your best interest. Taking matters into your own hands and eliminating those foods that are energy draining is in your best interest, your company's best interest and is the best healthcare you can provide your family.

Your energy depends on what you put into your body. The vibration that you attract also depends on what you put into your body. Every time you choose a lower vibrational food you choose to attract a lower vibrational situation.

High vibration foods are any foods that are living. I mean that eating salads is good and eating fruit is good AND eating a good combination of both is ideal. It can be challenging to start to incorporate greens into the meals but the easiest way I've found, and recommended to thousands, is taking a supergreen. This is a blend of greens that you put into an apple juice so that you can handle the reaction that your brain may have. Then, as you gain more confidence with this you can begin adding greens in various ways – juicing and experimenting with adding different greens than you've been accustomed to such as kale, wheatgrass, sea greens, etc.

Now to the list of 10 foods that attract money:

1. Kale – highest source of protein in a green
2. Spinach – highest source of iron and fiber
3. Berries – free radical
4. Wheatgrass – invigorates the body with life and prana
5. Sea vegetables – the proper combination of greens, minerals and salts
6. Spirulina – life giving for blood cells
7. Hemp Seeds – highest source of protein
8. Coconut Water – highest source of natural electrolytes
9. Pine nuts – high in prana and energetic stimulation for nervous system
10. Basil – high in vibration and many many nutrients and alchemical interactions

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