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## ***Gainesville Holistic Health Center***

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Intuitive body scanning is a technique that can be used to determine medical or health blockages in people and animals. Medical intuitive professionals who seek to complement traditional medical procedures with this technique, locate body parts that are blocked or in turmoil in order to expedite the healing process. There are as many different variations of the scanning technique as there are practitioners, but there are some basic approaches that you can try for yourself.

Just as an X-ray machine scans a body in order to gain specific medical details, an intuitive scan works to provide an energetic portrait of the client. The premise is that the physical body has an energy blueprint and so the intuitive scan will look for energy blockages and areas of stress. Good health is, in general, considered to be clear flows of energy between all the chakras and easy, free functioning of all organs and body systems.

The focus of a Medical Intuitive Scan is to find the root cause of energetic blockages in the body that contribute to illnesses; physical, mental, emotional and spiritual. Becoming aware of the root causes of illness from a holistic perspective, helps individuals to focus their healing and treatment to clear up blockages and make specific lifestyle changes that contribute to a healthier way of being and more balanced and fulfilled life.

A reading brings to awareness all energy blocks or areas of "congested energy" in the body. This is a reflection in the energy body of what is malfunctioning in the physical body. A reading includes a full review of all emotional and mental blocks. Most often events from early in life, or even from past lives may be stored as trauma. These memories remain in the energetic body and are felt as blocked energy. The memories of events can be identified in a Medical Intuitive reading to be resolved and released. When resolved in the mind and body, those similar situations or memories no longer cause an emotional reaction.

A Medical Intuitive Scan can answer the questions:

- What is the root cause of my illness?
- What areas of my health do I need to be aware of now?
- What is limiting me in my mental, emotional wellbeing and life?
- How does my mental and emotional wellbeing affect my health?
- How can I manifest my heart's joy and dreams?

When you think about your chakra system you probably are not considering the types of foods that you consume. Whenever one or more of your chakras is misaligned you might do well to look and see if you are not eating or possibly overeating the foods that fuel that particular chakra.

### Feeding Your Root Chakra

#### *Grounding*

- Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic
- Protein-rich foods: eggs, meats, beans, tofu
- Spices: horseradish, hot paprika, chives, cayenne, pepper

### Feeding Your Sacral Center

#### *Nourishing the Sexual/Creativity Center*

- Sweet fruits: melons, mangos, strawberries, passion fruit, oranges, coconut

- Honey
- Nuts: almonds, walnuts
- Spices: cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds

### Feeding Your Solar Plexus Chakra

#### *Boosting Self-Esteem and Encouraging Self-Love*

- Granola and Grains: pastas, breads, cereal, rice, flax seed, sunflower seeds.
- Dairy: milk, cheeses, yogurt
- Spices: ginger, mints (peppermint, spearmint, etc.), Melissa, chamomile, turmeric, cumin, fennel

### Feeding Your Heart Chakra

#### *Healing Emotional Hurts*

- Leafy vegetables: spinach, kale, dandelion greens
- Air vegetables: broccoli, cauliflower, cabbage, celery, squash
- Liquids: green teas
- Spices: basil, sage, thyme, cilantro, parsley

### Feeding Your Throat Chakra

#### *Speaking One's Truth*

- Liquids in general: water, fruit juices, herbal teas
- Tart or tangy fruits: lemons, limes, grapefruit, kiwi
- Other tree growing fruits: apples, pears, plums, peaches, apricots
- Spices: salt, lemon grass

### Feeding Your Brow Chakra

#### *Awakening Third Eye Senses*

- Dark bluish colored fruits: blueberries, red grapes, black berries, raspberries, etc.
- Liquids: red wines and grape juice
- Spices: lavender, poppy seed, mugwort

### Feeding Your Crown Chakra

#### *Opening and Clearing the Spiritual Communication Center*

- Air: fasting / detoxing
- Incense and Smudging Herbs: sage, copal, myrrh, frankincense, and juniper  
Incense and smudging herbs are not to be eaten but are ritually inhaled through the nostrils or can be smoked through a ceremony pipe for purification purposes.

**To book a Medical Intuitive Scanning session, please contact Gainesville Holistic Health Center at (571) 248-0695 or Email us at [ghhcenter@hotmail.com](mailto:ghhcenter@hotmail.com).**