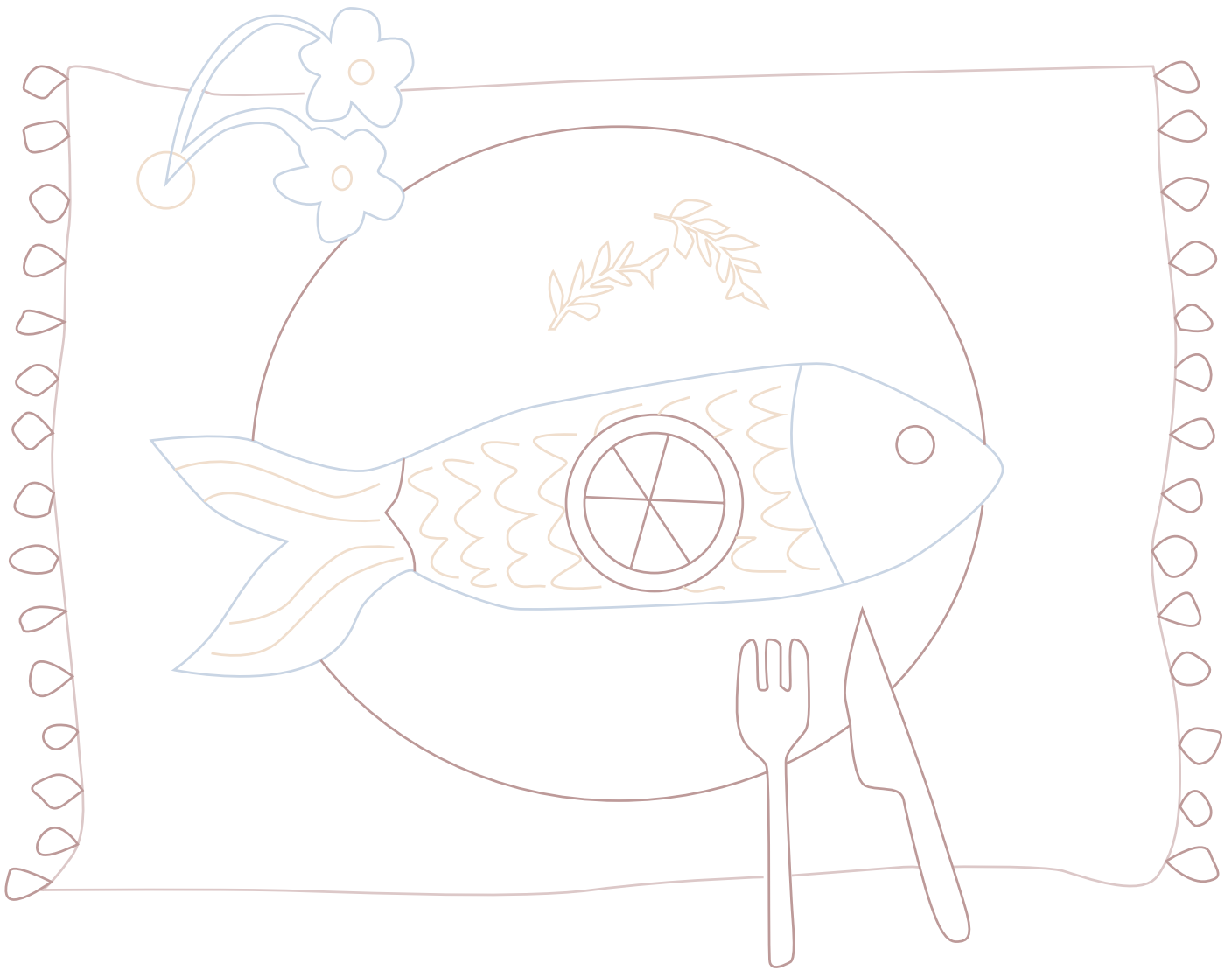


FARAH LIZ PALLARO

A Present for You

High Vibrational Food vs. Low Vibrational Food



Hello my friend, welcome to the Workbook: "High Vibrational Food vs. Low Vibrational Food"



2



It has been demonstrated that food has its own vital energy that affects our health.

Every food has a specific energy quality, not only the caloric energy that it provides but also the quality of the electromagnetic (vibrational) level: the vital energy it brings.

The energy information contributes, or not, to the health of our body. Everything is energy, so we can speak in terms of frequency and vibration also in the case of food.

We can easily imagine, for example, like an apple just picked, compared to a piece of toasted meat, have superior energy quality.

Foods according to bioenergy are divided into Superior Foods (> 6500), foods support (6500-3000), inferior foods (<3000) and foods dead (energy 0).

Let's go through each category to better understand how to improve our energy and health by caring for our feeding.

* Informations from: "L'energia vitale degli alimenti: la classifica dei "vivi" e dei "morti" di Simone Coglitore

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Superior Food

Vibrations > 6500A



- All ripe fruits and related fresh fruit juices (homemade and immediately drink)
- All raw vegetables and cooked vegetables and legumes with temperature not higher than 70 degrees
- Wheat, starchy foods, flour, and whole wheat bread, homemade cakes and biscuits.
- All the oleaginous fruit and their essential oils, the olives, almonds, pine nuts, walnuts, sunflower seeds, hazelnuts, coconut, and soybeans
- Fresh butter of the day, the unfermented cheeses, milk cream and eggs of the day.

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Support Food

with vibrations between 6500 and 3000



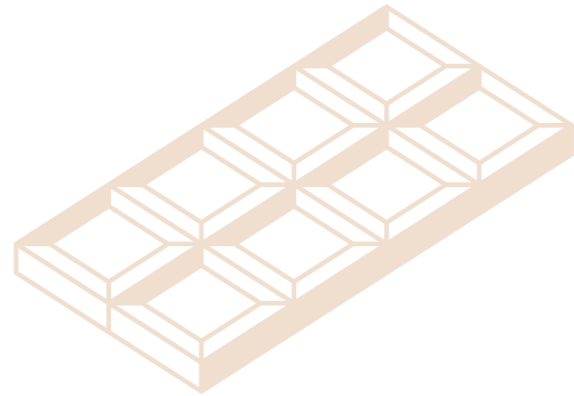
- Fresh milk, fresh butter, normal butter
- Non-daily eggs
- Honey, brown sugar
- Peanut oil
- Vegetables cooked in boiling water

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Inferior Food

Vibrations < 3000 A



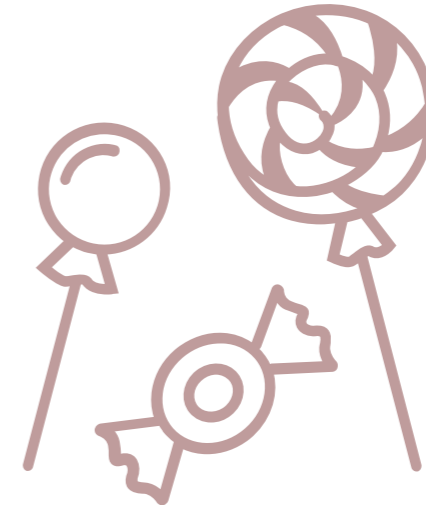
- Cooked meat, salami
- Eggs after the 15th day
- Boiled milk
- Tea, coffee
- Jams, chocolate
- White bread
- All fermented cheeses

6



Dead Food

without any energetic vibration



- Preserves
- Margarine
- All pastries and desserts made with refined flour and industrial products
- Liqueurs and spirits
- White sugar

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Thank you always,

Farah

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