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Raise Your Vibration

Masterclass

Video 5: Foods that you want to avoid when you want to Raise Your Vibration

What you don't eat is just as important as what you do eat. And honestly, it's not even a crazy idea to fast occasionally—though I won't dive deeper into fasting here. If you're curious, you can explore fasting protocols on your own. Personally, I skip breakfast two or three times a week, and every two weeks, I fast for a full 24 hours. Fasting gives your body time to repair itself.

But let's get back to the foods you're better off avoiding if you want to raise your vibration. Keep in mind these are general guidelines. Everyone's different—some people digest fruit better than others, some thrive on a carnivore diet. But that's not the focus here.

What I want to share are foods that 90-95% of experts agree you should avoid, along with tips I've gathered over 20 years of helping people with nutrition.

First up is sugar. We all know sugar consumption has exploded over the last century—and look what it's done to society. Obesity is everywhere. Try to avoid products with added sugar, especially packaged cookies, candies, and bars. But watch out for sneaky sources too—ketchup, yogurt, cereals, and even some “healthy” snacks are loaded with it.

Next, let's talk about processed vegetable oils like sunflower, canola, and soybean oil. These are high in omega-6 fatty acids, and when your omega-3 to omega-6 ratio gets out of balance, it fuels inflammation in the body.

Then there are artificial additives—the so-called E-numbers. While not all E-numbers are harmful, it's safest to avoid them altogether. And that's tough, because nearly every packaged food contains them. If you really want to dig deeper, I'll share a table later that breaks down which ones to watch out for.

Another thing to avoid is undereating. Your body needs fuel to heal, especially protein—it's the building block of your body, and most people don't get enough. Skipping meals or cutting calories too drastically backfires in the long run.

Alcohol is next. I'll be blunt: alcohol has zero biological benefit. It's literal poison. If it were introduced today, it'd probably be banned. It's a vibration killer. If you really want to drink, go ahead—I'll talk about the importance of pleasure later—but your body and energy thrive without it.

Lastly, don't fall into the trap of eating the same foods every day just because it's easy. Your body thrives on variety. Different foods provide unique micronutrients and feed the good bacteria in your gut. You might feel great eating only fruit for a week, but eventually, your body will crave the nutrients it's missing—and that's when problems creep in, sometimes months or years later.

So there you go. These guidelines work with any diet—Paleo, keto, fasting, Whole30, whatever. At their core, most diets do the same thing: get you to eat fewer calories than you burn. That works for weight loss, but the real magic happens when you focus on quality—getting enough nutrients and avoiding the junk.

That's what keeps your vibration high long-term.

In the next video, we'll flip the script and dive into all the foods and habits you should embrace to skyrocket your vibration.