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Raise Your Vibration

Masterclass

# Video 7: Some Extra Tips to Raise Your Vibration with Nutrition

In this last video of the nutrition module, I want to share a few final tips that have helped me massively in raising my vibration through food. Some of these might be new to you, so I'm excited to pass them on.

First, let's talk about electrolytes and why these salts are crucial for your body. We're essentially energy beings, and electrolytes are essential minerals that allow electricity and energy to flow through us. This is vital for your vibration and frequency.

Examples include sodium, calcium, and potassium. Your body—especially your muscles—needs these minerals to function. If they're imbalanced or lacking, you might experience weak muscles, cramps, fatigue, or headaches. We lose electrolytes through sweat, urine, diarrhea, or vomiting. Replenish them after illness, sauna sessions, or intense workouts.

You can add a pinch of sea salt to water, but electrolyte powders work even better. I'll list the ones I use below this video.

Next tip: bless your food. This might sound “woo-woo,” but try it—you'll feel the difference. In David Hawkins' book *The Map of Consciousness Explained*, he notes that vibration rises when actions are done with love.

Factory-made food calibrates around 188-200, homemade food at 209, and blessed food jumps to 215. Supermarket bakery bread calibrates at 203 vs. factory bread at 188. Cookies made for family? 520.

Small acts of love hold immense power. As Mother Teresa said, “Do small things with great love.” Bless your meals—even pre-packaged ones—but cooking with love for yourself or others amplifies this further.

Another tip: make your food delicious and visually appealing. Salivate at the sight of it. If you see food as a chore, your vibration drops. Diets often fail because the food's vibration is low.

Enjoy what you eat, even if it's not “perfectly” healthy. I've found I can tolerate gluten occasionally if I savor it guilt-free. Eat with shame, and my stomach rebels.

Walk after meals. When you eat carbs, your blood sugar spikes, triggering insulin. This leads to energy crashes. A short post-meal walk stabilizes blood sugar, reducing insulin spikes and energy swings.

Stop eating 3 hours before bed. Let your body digest fully before sleep. This improves sleep quality—a cornerstone of high vibration, as we'll cover later.

Finally, filter your water. I use a Kangen filter, but a Berkey filter is a great starter option. Pure water keeps your body and vibration pure.

I'll share links to recommended products below.

I hope this module has been valuable. Tomorrow, we dive into sleep—another pillar of raising your vibration.

Enjoy your day, keep your vibe high, and I'll see you soon.