

Energetic Sensitivities

Listed below are the items that came up bioenergetically sensitive. With time as the body rebalances, some of these energetic sensitivities may change.

Additives

None

Beverages

- Diet Cola
- Cola

Dairy

- Cow Milk
- Cheese Mix

Dairy Alternative

- Goat Milk
- Sheep Milk

Environmental

- Fireplace Smoke
- Wood Smoke
- Wood Ash
- Smoke

Fish

None

Fruit

- Banana

Grains

- White Flour
- Wheat flour
- Teff
- Rye
- Popcorn
- Gluten
- Corn

Ingredients

- Vinegar

Legumes

None

Meat

None

Nuts

None

Shellfish

None

Spices

- Ginger
- Cinnamon

Sugars

- Nutrasweet
- Xylitol

Vegetables

- White Potato
- Sweet Potato
- Red Potato

Notes

It would be ideal to have your hair and saliva samples scanned again to check your progress in roughly 4 to 6 weeks.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product and service is strictly for educational purposes and is not intended to diagnose, treat,

cure, or prevent any disease. These services are designed for educational purposes only and are not intended to serve as medical advice.

Energetic Nutritional Imbalances

You were scanned for enzyme, fatty acid, vitamin, mineral, and amino acid imbalances. Below are a list of those nutrients that are bioenergetically low.

Amino Acids

- Tyrosine
food sources include
almonds, bananas, lima
beans, pumpkin seeds,
sesame seeds
- GABA
sources include whole
grains, brown rice, oats
- Glutamine
food sources include many
plant and animal
substances. Excellent
sources would be raw
spinach and parsley

Enzymes

- Papain
food sources include
papaya
- Hydrochloric Acid
sources to increase
hydrochloric acid
production include apple

cider vinegar, spinach,
lemon juice, olives, celery

- Bromelain
food sources include
pineapple

Fatty Acids

- DHA
sources include salmon,
sardines, mackerel, herring,
seaweed
- GLA
sources include flax, olive,
and hemp oil
- Alpha-linolenic acid
sources include flaxseed,
walnuts, pecans, yogurt

Minerals

- Molybdenum
sources include beans,
grains, legumes, peas, dark
green leafy vegetables
- Chromium
sources include brewer's
yeast, brown rice, cheese,
meat, whole grains, dried
beans, blackstrap molasses,
calf liver, chicken, dulse,
eggs, mushrooms, potatoes.
Someone with insulin
resistance or if one does not
produce enough insulin
they should check with
their physician before

taking supplemental chromium.

- Calcium
sources include yogurt, hard cheese, cottage cheese, dark leafy green vegetables, strawberries, broccoli, citrus, dried peas, beans

Vitamins

- Vitamin D
sources include fish oil, eggs, sunshine
 - Vitamin B12
sources include brewer's yeast, clams, eggs, herring, kidney, liver, mackerel, seafood
 - Thiamine (Vitamin B1)
sources include brown rice, egg yolks, fish, legumes, liver, peas, poultry, rice bran, whole grains, asparagus, brewer's yeast, broccoli, Brussels sprouts, dulse, kelp, most nuts, oatmeal, plums, dried prunes, spirulina, watercress, cayenne, chamomile, fennel seed, parsley, peppermint, sage
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