

## 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.

<b>Environmental</b> <ul style="list-style-type: none"><li>◦ Ammonia</li><li>◦ Bees</li><li>◦ Cacti and Succulents</li><li>◦ Detergent</li><li>◦ Dust</li><li>◦ Feathers</li><li>◦ Fossil Fuels</li><li>◦ Lawn Chemicals</li><li>◦ Plastic Mix</li><li>◦ Ticks</li><li>◦ Wasps</li></ul>	<b>Sugar</b> <ul style="list-style-type: none"><li>◦ Aspartame</li><li>◦ Butterscotch</li><li>◦ Corn Syrup</li><li>◦ Fructose</li><li>◦ High Fructose Corn Syrup</li><li>◦ Honey</li><li>◦ Maple Syrup</li><li>◦ Nutrasweet</li><li>◦ White Sugar</li></ul>	<b>Meat</b> <ul style="list-style-type: none"><li>◦ Bacon</li><li>◦ Beef</li><li>◦ Ham-Pork</li><li>◦ Pork</li><li>◦ Quail</li><li>◦ Veal</li></ul>	<b>Grain</b> <ul style="list-style-type: none"><li>◦ Oat</li><li>◦ Quinoa</li><li>◦ Wild Rice</li></ul>
<b>Legume</b> <ul style="list-style-type: none"><li>◦ Blackeyed Pea</li><li>◦ Navy Bean</li><li>◦ Pinto Bean</li></ul>	<b>Nut</b> <ul style="list-style-type: none"><li>◦ Cashew</li><li>◦ Pistachio</li><li>◦ Poppy Seed</li></ul>	<b>Shellfish</b> <ul style="list-style-type: none"><li>◦ Escargot</li><li>◦ Lobster</li><li>◦ Squid</li></ul>	<b>Vegetable</b> <ul style="list-style-type: none"><li>◦ Broccoli</li><li>◦ Cabbage</li><li>◦ Cauliflower</li></ul>
<b>Additives</b> <ul style="list-style-type: none"><li>◦ Xanthan Gum</li><li>◦ Yellow Food Dye</li></ul>	<b>Beverages</b> <ul style="list-style-type: none"><li>◦ Brandy</li><li>◦ Diet Cola</li></ul>	<b>Fish</b> <ul style="list-style-type: none"><li>◦ Perch</li><li>◦ Trout</li></ul>	<b>Fruit</b> <ul style="list-style-type: none"><li>◦ Rhubarb</li><li>◦ Tangerine</li></ul>
<b>Spice</b> <ul style="list-style-type: none"><li>◦ Curry</li><li>◦ Dill</li></ul>	<b>Dairy</b> <ul style="list-style-type: none"><li>◦ Cow Milk</li></ul>	<b>DairyAlternative</b> <ul style="list-style-type: none"><li>◦ Sheep Milk</li></ul>	<b>Ingredients</b> <ul style="list-style-type: none"><li>◦ Corn Starch</li></ul>

## 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.

<b>Amino Acids</b> <ul style="list-style-type: none"><li>◦ Arginine food sources include carob, coconut, gelatin, meat, oats, walnuts</li></ul>	<b>Enzymes</b> <ul style="list-style-type: none"><li>◦ Pancreatin group of enzymes normally produced in the pancreas</li><li>◦ Papain food sources include papaya</li></ul>	<b>FattyAcids</b> <ul style="list-style-type: none"><li>◦ EPA sources include salmon, sardines, mackerel, herring</li></ul>
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- Leucine  
food sources include brown rice, beans, meats, nuts
- Taurine  
food sources include eggs, fish, meat
- Protease  
dietary sources include raw fruits and vegetables, sprouted seeds, raw nuts, whole grains, and legumes
- GLA  
sources include flax, olive, and hemp oil
- DHA  
sources include salmon, sardines, mackerel, herring, seaweed

## Minerals

- Calcium  
sources include yogurt, hard cheese, cottage cheese, dark leafy green vegetables, strawberries, broccoli, citrus, dried peas, beans
- Copper  
sources include almonds, beans, beets, blackstrap molasses, broccoli, lentils, liver, mushrooms, nuts, oats, oranges, pecans, radishes, salmon, seafood, green leafy vegetables
- Vanadium  
sources include dill, fish, olives, meat, radishes, snap beans, whole grains

## Vitamins

- Folic Acid  
sources include barley, beef, bran, brewer's yeast, brown rice, cheese, chicken, dates, green leafy vegetables, lamb, legumes, lentils, liver, mushrooms, oranges, split peas, root vegetables, salmon, whole grains
- Inositol  
sources include brewer's yeast, fruits, legumes, meats, unrefined molasses, vegetables, whole grains
- Vitamin B12  
sources include brewer's yeast, clams, eggs, herring, kidney, liver, mackerel, seafood

## Notes

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

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