

## 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.

### Environmental

- o Bleach
- o Cat Hair and Epithelium
- o EMF
- o Mold
- o Pool and Spa Mix
- o Trees
- o Varnish
- o Weeds
- o Wood Smoke

### Nut

- o Almond
- o Cashew
- o Macadamia Nut
- o Peanut
- o Pine Nut
- o Pistachio

### Vegetable

- o Eggplant
- o Parsnip
- o Red Potato
- o Sweet Potato
- o White Potato

### Dairy

- o Cheese Mix
- o Cow Milk
- o Cow Yogurt
- o Cream

### Grain

- o Corn
- o Oat
- o Wheat flour
- o White Flour

### Sugar

- o Aspartame
- o Fructose
- o High Fructose Corn Syrup
- o Nutrasweet

### Additives

- o Blue Food Dye
- o MSG
- o Sodium Nitrate

### Meat

- o Eggs
- o Pork
- o Turkey

### Shellfish

- o Calamari
- o Crab
- o Oyster

### Beverages

- o Coffee
- o Scotch

### Fruit

- o Banana
- o Blueberry

### DairyAlternative

- o Soy Milk

### Ingredients

- o Soy Sauce

### Legume

- o Soy Bean

### Fish

None

### Spice

None

## 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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