**Food List**

The number one question I get in my office is how to understand the food report. Here is a note from your scan:

*You do not have to have ever eaten or be eating any ingredient for it to appear on this list. Please avoid as many items as possible for the next 30 days.*

This Food Biosurvey records your body’s responses to 485 food VSIs (Virtual Stimulus Items). Each VSI is a computer signature that has been linked to, and represents a particular food. Your response to each food VSI is scored with a negative number and your most extreme responses will be shown on this report per section. Negative responses are referred to as biological aversion to the item. Even though this is NOT a food allergy test, you may wish to avoid those foods whose VSIs you have a negative response to.

For me, beef is always on my list. It is true beef always sits on my stomach and being a blood type “A” I should avoid it. MSG always shows on my list and it sends me to the bathroom and/or gives me a headache. Potatoes are another one that shows up, but this southern girl ain’t given up potatoes completely. I just take an extra enzyme to help. Now I can’t do this every day but I can cheat every once and a while.

Food plays a critical role in your overall wellness. While the phrase, "An apple a day keeps the doctor away" is good advice for most, a diet that is optimal for one individual likely won't be optimal for another. This concept is known as bio-individuality. The Food for Wellness scan addresses your bio-individuality by gathering and displaying readings of food items for which your body showed a biological coherence, or preference, as well as items that your body had an incoherent response to. Please note that this biosurvey does not identify allergies. Be sure to take any known allergies into consideration.

**Beans & Legumes** include any fruit or seed of leguminous plants used for food, which includes beans and peas. According to the USDA, beans and peas fit under both the Vegetable Group and the Protein Group (1). Beans and legumes have high mineral and fiber content without the saturated fat found in some animal proteins. (2)

**Beverages** that are considered healthy include water, tea, juice, and wine. Water is especially critical for hydration and helps the body eliminate toxic substances (3). Tea originated in China and has been used for medicinal purposes for thousands of years. Drinking wine in moderation has been linked to a healthier heart, stronger bones, and a sharper mind. (4)

**Dairy** includes milk, cheese, butter, and yogurt. It is a good source of calcium, vitamin D, and potassium. Consuming too much dairy, however, has been linked to certain health issues. Eggs consist of a yolk and egg white. As a whole, they are high in protein but not high in fat or calories. (5)

**Fats & Oils** that are considered healthy include certain nut and seed oils, butter, avocado oil, and cod liver oil. The body needs essential fats such as these for energy, cell growth support, hormone production, and nutrient absorption. (6)

**Fish & Seafood** is rich in vitamins, minerals, and protein. It is high in omega-3 fatty acids, which have a number of health benefits. Foods rich in omega-3s such as fish & seafood promote heart, joint, eye, brain, and immune health. (7)

**Fruits** are a good source of vitamins and simple sugars, which are essential for optimal health. Their high fiber content helps with bowel movements and wards off cholesterol. Fruits also contain antioxidants, which can protect the body from stress and disease. Due to their many beneficial properties, fruits can prevent and delay the effects of aging. (8)

**Grains** include wheat, rice, and corn. They provide an abundance of nutrients including fiber, antioxidants, protein, B vitamins, and trace minerals. Consumption of grains can reduce the risk of heart disease, obesity, and diabetes. Grains can also reduce inflammation. However, grains might not be appropriate for certain people such as those with celiac disease or gluten sensitivity. (9)

**Meats & Poultry** contain a large amount of protein, an essential building block of body tissue and source of fuel for the body. Many meats are also rich in iron, zinc, and selenium as well as vitamin A, B, and D (10). On the downside, eating certain meats can potentially harden blood vessels and negatively impact the colon and brain. (11)

**Nuts & Seeds** contain heart-healthy fats, fiber, protein, and minerals. They can reduce inflammation, slow digestion to help you feel full for longer, and reduce heart and cancer risk. Different nuts contain differing ratios of healthy fats, so consuming a variety in moderation is recommended. (12)

**Spices & Seasonings** may help protect against certain chronic conditions such as heart disease, cancer, and diabetes, according to WebMD. Certain spices and herbs contain antioxidants, which can curb inflammation in the body. Studies also show that they help with weight control. (13)

**Sugars & Sweeteners** that are considered healthy include honey, maca, stevia, and agave. These and other good sweeteners provide many benefits such as lowering blood pressure, improving bone density, and feeding good bacteria in the gut. (14)

**Vegetables** are an important source of nutrients including fiber, folic acid, vitamin A, vitamin C, and potassium. They can help maintain blood sugar, lower the risk of heart disease, reduce constipation, boost the immune system, and keep the teeth and gums, skin, and eyes healthy. (15)

Bibliography:

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