

Client: Test Client
Email:
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Session Date: 3/23/2020
Range: 6.53
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FOODS FOR WELLNESS BIOSURVEY



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 when referring to this report to help you make wellness decisions about your diet.

Diet Filters Selected

This report will show only those items that fit into the following selected diet categories, if any:

ITEM RESPONSES: POSITIVE dR VALUES BY CATEGORY

Below is a list of your most biologically coherent, or preferred, items separated by food category. These can be incorporated into your diet along with other recommendations made by your practitioner.

Beans & Legumes



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)

Azuki (Red) Bean
18.61

Black Bean
15.05

Great Northern Bean (White)
10.93

Broad (Fava) Bean
9.97

Soy Bean
7.76

Lentils Brown
7.46

Garbanzo Bean (Chickpeas)
5.67

String Bean (Green)
5.50

Edamame
5.24

Cannellini Bean (White)
4.90

Lentils Red
4.22

Red Kidney Bean
3.74

Lentils Black
3.43

Beverages



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)

Strawberry Leaf Tea
22.34

Passion Flower Tea
15.30

Mint Tea
14.89

Almond Milk
14.80

Rooibos Tea
13.84

Aloe Vera Juice
12.85

Red Wine
12.85

Coffee
9.35

Alfalfa Tea
9.23

Kombucha
8.74

Yerba Mate Tea
7.70

White Wine
5.95

Peppermint Tea
5.53

Ginger Tea
5.37

Coffee - Decaffeinated
5.34

Pureh Tea
5.12

Slippery Elm Tea
4.66

Cranberry Juice
4.53

Echinacea Tea
4.50

Valerian Tea
4.46

Chamomile Tea
4.18

Pomegranate Juice
4.13

White Tea
3.39

Senna Tea
3.03

Apple Cider Vinegar
2.75

Oolong Tea
1.79

Dairy & Eggs



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)

Egg, Whole
25.71

Goat Cheese
10.25

Cottage Cheese
8.98

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Cream Cheese
5.80

Butter
5.50

Egg Yolk
5.41

Buttermilk
4.88

Yogurt
4.83

Ricotta Cheese
4.35

Goat Milk
4.20

Fats & Oils



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)

Sesame Oil
17.50

Ghee (Clarified Butter)
13.16

Grapeseed Oil
8.75

Coconut Oil
5.77

Butter
5.50

Macadamia Oil
5.41

Lard (Pork)
4.62

Fish & Seafood



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)

Crayfish (Crawfish)
21.81

Barramundi
16.89

Haddock
15.51

Atlantic Pollock
13.99

Black Cod (Sablefish)
12.24

Red Snapper
10.27

Scallop
9.96

Halibut
9.88

Mussels
5.98

Mackerel
5.55

Bluegill (Bream)
5.44

Yellow Snapper
5.16

Crab - Dungeness
5.11

Oyster
3.66

Fruits



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)

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Gooseberry 27.59	Raspberry 22.83	Mandarine Orange 22.23
Plantain 19.50	Apricot 17.28	Pear 13.97
Cherry 12.69	Nectarine 10.98	Grapefruit 8.97
Lemon 8.62	Kumquat 7.55	Coconut 7.03
Casaba Melon 6.51	Cantaloupe 5.93	Prickly Pear 5.76
Strawberry 5.76	Blackberry 5.54	Mango 5.25
Pineapple 5.25	Fig 5.15	Kiwi 4.43
Honeydew Melon 3.94	Guava 3.88	Plum 3.70
Lime 3.21	Tangerine 2.42	Banana 1.31

Grains



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)

Teff 15.98	Brown Rice 12.91	Freekeh 12.29
Wild Rice 5.67	Semolina (Farro) 5.63	Spelt 5.51
Corn 4.82	Whole Wheat 4.35	Jasmine Rice 4.15
Millet 3.24		

Meats & Poultry



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)

Quail 15.45	Pheasant 13.44	Veal 13.11
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Buffalo 11.83	Pork 11.22	Rabbit 8.56
Moose 7.11	Cow Liver 6.31	Elk 3.78
Emu 3.69	Partridge 3.66	Cornish Hen 1.91

Miscellaneous Foods

Pimento 22.20	Pickles 17.40	Kelp 12.08
Dulse 10.27	Mustard (food) 9.55	Hot Sauce 9.11
Ginger 7.93	Barley Malt 6.67	Horseradish 5.74
Soy Sauce 5.16	Sauerkraut 5.13	Rice Vinegar 5.00
White Vinegar 4.98	Chocolate 4.67	Apple Cider Vinegar 2.75

Nuts & Seeds



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)

Grape Seeds 13.42	Hemp Seed 12.88	Anise Seed 11.28
Sesame Seed 8.50	Psyllium Seed 7.77	Coconut 7.03
Pine Nut 6.72	Pecans 6.39	Lychee 6.07
Flax Seed 6.06	Sacha Inchi Seed 5.29	Poppy Seed 4.64
Pomegranate Seeds 4.45	Hazelnut (Filbert) 4.00	

Spices & Seasonings



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)

Elderberry / Elderflower 27.83	Lemon Myrtle 26.63	Baharat 21.13
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Lemon Verbena 20.31	Nigella 18.70	Calamus aromaticus 16.89
Fenugreek 15.68	Grains of Paradise 15.26	Sassafras 14.36
Onion 12.67	Sage 12.47	Monarda 12.41
Paprika 11.90	Lavender 11.68	Borage 11.50
Anise Seed 11.28	Candlenut 11.28	Capers 10.59
Wattleseed 10.30	Ras el Hanout 9.79	Lemon Balm 8.79
Nutmeg 8.71	Watercress 8.52	Angelica 7.96
Ginger 7.93	Black Lime / Loomi 7.15	Herbs de Provence 6.59
Juniper 6.14	Allspice 6.03	Garam Masala 5.91
White Turmeric / Zedoary 5.80	Chermoula 5.77	Chives 5.77
Horseradish 5.74	Coriander 5.65	Cubeb 5.63
Parsley 5.61	Celery Seed 5.60	Marjoram 5.53
Rosemary 5.51	Myrtle 5.48	Quatre Epice 5.45
Boldo / Boldina 5.43	Cilantro 5.42	Wasabi 5.20
Thyme 4.97	Dukkah 4.74	Epazote 4.72
Pandan Leaf 4.69	Poppy Seed 4.64	Scented Geranium 4.61
Pickling Spice Recipe 4.16	Barberry 3.93	Cardamom 3.71
Jamaican Sorrel 3.70	Chicory Spice 3.60	Fines Herbs 3.40
Black Cumin 2.97		

Sugars & Sweeteners





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)

Honey 21.75	Cane Sugar 18.51	Erythritol 15.33
Monk Fruit 9.91	Xylitol 7.82	Maple Sugar 5.55
Sucanat 5.20	Coconut Sugar 4.95	Balsamic Glaze 4.06
Brown Rice Syrup 3.87		

Vegetables



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)

Okra 22.42	Arugula 18.48	Sweet Potato 17.32
Watercress 17.01	Cauliflower 16.05	Asparagus 15.71
Rappini 14.51	Onion 12.67	Jalapenos 12.61
Water Chestnut 12.38	Kohlrabi 11.67	Portabella Mushroom 9.51
Turnip Greens 8.45	Endive 7.82	Leaf Lettuce 6.14
Shiitake Mushroom 5.81	Chives 5.77	Red Cabbage 5.77
Horseradish 5.74	Cucumber 5.68	Beet Greens 5.66
Parsley 5.61	String Bean (Green) 5.50	Cilantro 5.42
Artichoke 5.37	Green Olive 5.17	Broccoli Sprouts 5.04
Celery 4.91	Brussel Sprouts 4.85	White Potato 4.82
Corn 4.82	Mixed Lettuce 4.82	Kale 4.74

Iceberg Lettuce
4.66

Yam
4.37

Collard Greens
4.19

Parsnip
4.10

Zucchini
3.63

Spinach
3.57

Radicchio
2.85

ITEM RESPONSES: TOP NEGATIVE dR VALUES

The following are the top food items your body showed an incoherent biological response to. These are items you may want to consider limiting or eliminating from your diet under the guidance of your practitioner.

Escarole
-33.39

Starfruit
-29.11

Yacon Root
-27.39

Walnut Oil
-25.66

Lentils Yellow
-24.93

Tomato
-24.86

Cow Milk, Whole
-23.93

Caraway
-23.09

Mandrasi Masala
-23.01

Oat
-22.74

Cumin Seed
-22.02

La Kama
-21.98

Radish
-21.90

Mastic
-21.42

Mustard Greens
-20.67

Dandelion Greens
-20.40

Cassia
-20.36

English Walnut
-20.01

Milk Thistle Tea
-19.83

Anchovy
-19.54

Avocado
-19.01

MCT Oil
-18.92

Rosehip Tea
-18.24

Dandelion Tea
-18.15

Red Vinegar
-17.92

Za'atar
-17.74

Fenugreek Tea
-17.74

Green Masala
-17.47

Bok Choy
-17.38

Hoja Santa
-17.06



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FOOD AND STRESSOR VIRTUAL ITEM RESPONSES BY CATEGORY

This report displays the responses of all food Virtual Items scanned separated by food category and dR value category. All associated out-of-range stressors are also displayed separated by stressor category.

Diet Filters Selected

This report will show only those items that fit into the following selected diet categories, if any.

ITEMS RESPONSES BY FOOD AND dR CATEGORY

Below are your responses to all food Virtual Items separated by category and further separated by dR value. Items with positive values are those that your body showed a biological coherence, or preference for. Items with negative in-range values are those for which your body showed a biological incoherence, and out-of-range negative values are items for which your body showed the most incoherence.

Beans & Legumes



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)

Positive & 0 dRs

Azuki (Red) Bean 18.61	Black Bean 15.05	Great Northern Bean (White) 10.93
Broad (Fava) Bean 9.97	Soy Bean 7.76	Lentils Brown 7.46
Garbanzo Bean (Chickpeas) 5.67	String Bean (Green) 5.50	Edamame 5.24
Cannellini Bean (White) 4.90	Lentils Red 4.22	Red Kidney Bean 3.74
Lentils Black 3.43		

Negative In Range

Tamarind Bean -4.31	Pinto Bean -5.00	Red Bean -5.13
Blackeyed Pea -5.51	Green Pea -5.57	Cranberry (Borlotti) Bean -5.83
Butter (Lima) Bean -5.86		

Negative Out of Range

Lentils Yellow -24.93	Snap Pea -16.70	Peanut -13.73
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Lentils Green
-12.03

Mung Bean
-11.54

Navy (Haricot) Bean
-11.51

Beverages



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)

Positive & 0 dRs

Strawberry Leaf Tea 22.34	Passion Flower Tea 15.30	Mint Tea 14.89
Almond Milk 14.80	Rooibos Tea 13.84	Aloe Vera Juice 12.85
Red Wine 12.85	Coffee 9.35	Alfalfa Tea 9.23
Kombucha 8.74	Yerba Mate Tea 7.70	White Wine 5.95
Peppermint Tea 5.53	Ginger Tea 5.37	Coffee - Decaffeinated 5.34
Pureh Tea 5.12	Slippery Elm Tea 4.66	Cranberry Juice 4.53
Echinacea Tea 4.50	Valerian Tea 4.46	Chamomile Tea 4.18
Pomegranate Juice 4.13	White Tea 3.39	Senna Tea 3.03
Apple Cider Vinegar 2.75	Oolong Tea 1.79	

Negative In Range

Thyme Tea -3.96	Water -4.64	Yarrow Tea -4.78
Ginseng Tea -4.79	Black Tea -4.84	Spearmint Tea -5.21
Burdock Tea -5.22	Water and Lemon -5.27	Alkaline Water -5.34
Licorice Tea -5.92		

Negative Out of Range

Milk Thistle Tea -19.83	Rosehip Tea -18.24	Dandelion Tea -18.15
Fenugreek Tea -17.74	Green Tea -16.10	Hawthorn Tea -12.34

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Coconut Water
-12.09

Orange Juice
-11.55

St. John's Wort Tea
-9.78

Beet Juice
-7.56

Raspberry Leaf Tea
-6.92

Dairy & Eggs



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)

Positive & 0 dRs

Egg, Whole
25.71

Goat Cheese
10.25

Cottage Cheese
8.98

Cream Cheese
5.80

Butter
5.50

Egg Yolk
5.41

Buttermilk
4.88

Yogurt
4.83

Ricotta Cheese
4.35

Goat Milk
4.20

Negative In Range

Cow Whey
-5.22

Raw Milk
-5.37

Negative Out of Range

Cow Milk, Whole
-23.93

Egg White
-13.02

Kefir
-7.05

Fats & Oils



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)

Positive & 0 dRs

Sesame Oil
17.50

Ghee (Clarified Butter)
13.16

Grapeseed Oil
8.75

Coconut Oil
5.77

Butter
5.50

Macadamia Oil
5.41

Lard (Pork)
4.62

Negative In Range

Flax Seed Oil
-3.68

Avocado Oil
-4.60

Almond Oil
-4.88

Cod Liver Oil
-5.60

Tallow (Beef/Mutton)
-5.85

Negative Out of Range

Walnut Oil
-25.66

MCT Oil
-18.92

Pumpkin seed Oil
-14.92

Olive Oil
-12.41

Fish & Seafood



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)

Positive & 0 dRs

Crayfish (Crawfish)
21.81

Barramundi
16.89

Haddock
15.51

Atlantic Pollock
13.99

Black Cod (Sablefish)
12.24

Red Snapper
10.27

Scallop
9.96

Halibut
9.88

Mussels
5.98

Mackerel
5.55

Bluegill (Bream)
5.44

Yellow Snapper
5.16

Crab - Dungeness
5.11

Oyster
3.66

Negative In Range

Sardine
-4.12

Coho Salmon
-4.75

Trout
-4.84

Perch
-4.86

Catfish
-4.87

Calamari or Squid
-5.07

Herring
-5.27

Wild Striped Bass
-5.38

Sea Trout
-5.48

Clam
-5.81

Salmon - Alaskan/Sockeye
-5.82

Negative Out of Range

Anchovy
-19.54

Tuna Fish
-17.05

Black Sea Bass
-14.86

Tilapia
-12.68

Arctic Char
-9.46

Pacific Cod
-7.99

Fruits





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)

Positive & 0 dRs

Gooseberry 27.59	Raspberry 22.83	Mandarine Orange 22.23
Plantain 19.50	Apricot 17.28	Pear 13.97
Cherry 12.69	Nectarine 10.98	Grapefruit 8.97
Lemon 8.62	Kumquat 7.55	Coconut 7.03
Casaba Melon 6.51	Cantaloupe 5.93	Prickly Pear 5.76
Strawberry 5.76	Blackberry 5.54	Mango 5.25
Pineapple 5.25	Fig 5.15	Kiwi 4.43
Honeydew Melon 3.94	Guava 3.88	Plum 3.70
Lime 3.21	Tangerine 2.42	Banana 1.31

Negative In Range

Grape (Red & Green) -3.42	Loganberry -4.30	Pomegranate -4.62
Carob -4.88	Apple -4.97	Blueberry -5.12
Cranberry -5.77	Black Currant -5.95	Orange (Fruit) -6.04

Negative Out of Range

Starfruit -29.11	Elderberry -15.87	Prune -14.56
Persimmon -12.80	Peach -12.43	Date -10.24
Rhubarb -8.63	Papaya -8.61	Raisin -7.72
Watermelon -7.63	Passion Fruit -7.54	Boysenberry -6.93

Grains





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)

Positive & 0 dRs

Teff 15.98	Brown Rice 12.91	Freekeh 12.29
Wild Rice 5.67	Semolina (Farro) 5.63	Spelt 5.51
Corn 4.82	Whole Wheat 4.35	Jasmine Rice 4.15
Millet 3.24		

Negative In Range

Triticale -4.85	Kamut -5.26	Quinoa -5.37
Sorghum -5.47	Wheat Berries -5.74	Indian Ricegrass -5.79
Bulgur Wheat -5.85	Amaranth -6.09	Rye -6.11

Negative Out of Range

Oat -22.74	Rice, White -14.34	Buckwheat -10.54
Rye Berries -8.00	Barley -6.80	Basmati Rice -6.63

Meats & Poultry



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)

Positive & 0 dRs

Quail 15.45	Pheasant 13.44	Veal 13.11
Buffalo 11.83	Pork 11.22	Rabbit 8.56
Moose 7.11	Cow Liver 6.31	Elk 3.78
Emu 3.69	Partridge 3.66	Cornish Hen 1.91

Negative In Range

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Duck -4.50	Venison -4.83	Goose -5.51
Turkey Meat -5.57	Chicken Meat -5.67	Ostrich -5.96

Negative Out of Range

Chicken Liver -13.15	Mutton (Lamb) -9.72	Goat -8.97
Beef -8.47		

Miscellaneous

Positive & 0 dRs

Pimento 22.20	Pickles 17.40	Kelp 12.08
Dulse 10.27	Mustard (food) 9.55	Hot Sauce 9.11
Ginger 7.93	Barley Malt 6.67	Horseradish 5.74
Soy Sauce 5.16	Sauerkraut 5.13	Rice Vinegar 5.00
White Vinegar 4.98	Chocolate 4.67	Apple Cider Vinegar 2.75

Negative In Range

Tamari -4.12	Garlic -4.57	Miso -4.86
Carob -4.88	Arrowroot -5.14	Kimichi -5.22

Negative Out of Range

Red Vinegar -17.92	Balsamic Vinegar -12.23
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Nuts & Seeds



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)

Positive & 0 dRs

Grape Seeds 13.42	Hemp Seed 12.88	Anise Seed 11.28
Sesame Seed 8.50	Psyllium Seed 7.77	Coconut 7.03
Pine Nut 6.72	Pecans 6.39	Lychee 6.07

Flax Seed 6.06	Sacha Inchi Seed 5.29	Poppy Seed 4.64
Pomegranate Seeds 4.45	Hazelnut (Filbert) 4.00	

Negative In Range

Almond -3.21	Sunflower Seed -3.23	Pumpkin Seeds -3.88
Macadamia -4.79	Chestnut -4.94	Caraway Seed -5.25
Cashew Nut -5.39	Pistachio -5.60	Brazil Nut -5.71
Chia Seed -5.99		

Negative Out of Range

Cumin Seed -22.02	English Walnut -20.01	Hickory Nut -14.17
Peanut -13.73	Black Walnut -9.77	

Spices & Seasonings



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)

Positive & 0 dRs

Elderberry / Elderflower 27.83	Lemon Myrtle 26.63	Baharat 21.13
Lemon Verbena 20.31	Nigella 18.70	Calamus aromaticus 16.89
Fenugreek 15.68	Grains of Paradise 15.26	Sassafras 14.36
Onion 12.67	Sage 12.47	Monarda 12.41
Paprika 11.90	Lavender 11.68	Borage 11.50
Anise Seed 11.28	Candlenut 11.28	Capers 10.59
Wattleseed 10.30	Ras el Hanout 9.79	Lemon Balm 8.79
Nutmeg 8.71	Watercress 8.52	Angelica 7.96

Ginger 7.93	Black Lime / Loomi 7.15	Herbs de Provence 6.59
Juniper 6.14	Allspice 6.03	Garam Masala 5.91
White Turmeric / Zedoary 5.80	Chermoula 5.77	Chives 5.77
Horseradish 5.74	Coriander 5.65	Cubeb 5.63
Parsley 5.61	Celery Seed 5.60	Marjoram 5.53
Rosemary 5.51	Myrtle 5.48	Quatre Epice 5.45
Boldo / Boldina 5.43	Cilantro 5.42	Wasabi 5.20
Thyme 4.97	Dukkah 4.74	Epazote 4.72
Pandan Leaf 4.69	Poppy Seed 4.64	Scented Geranium 4.61
Pickling Spice Recipe 4.16	Barberry 3.93	Cardamom 3.71
Jamaican Sorrel 3.70	Chicory Spice 3.60	Fines Herbs 3.40
Black Cumin 2.97		

Negative In Range

Kokum -2.17	Curry -2.92	Vanilla -3.78
Bush Tomato / Akudjura -3.87	Mahlab -3.96	Clove -4.02
Shichimi-Togarashi Recipe -4.08	Savory -4.14	Lovage -4.16
Annatto -4.31	Pumpkin Pie Spice -4.33	Ajwain -4.39
Sambar Spice Blend -4.45	Szechuan Pepper -4.47	Amchur (Mango) -4.49
Tsire -4.55	Garlic -4.57	Panch Phoron -4.73
Saffron -4.86	Fennel -4.91	Chili Powder -4.92
Dill -5.10	Pepper -5.13	Tarragon -5.15
Licorice -5.21	Kaffir Lime -5.22	Chili Pepper -5.38



Cinnamon -5.47	Kebsa Spice -5.52	Chervil -5.55
Galangal -5.70	Hyssop -5.81	Mustard -5.87
Sorrel -5.99	Basil -6.13	Berbere -6.30

Negative Out of Range

Mandrasi Masala -23.01	Cumin Seed -22.02	La Kama -21.98
Mastic -21.42	Cassia -20.36	Za'atar -17.74
Green Masala -17.47	Hoja Santa -17.06	Turmeric -16.87
Sesame -14.66	Mint -14.19	Asafetida -10.86
Sumac -10.60	Bouquet Garni -9.98	Cayenne Pepper -9.76
Lemongrass -9.72	Orris Root -9.68	Pepperberry -9.55
Star Anise -9.30	Tamarind -9.08	Bay Leaf -8.89
Mace -8.02	Harissa -7.76	Chaat Masala -7.62
Aleppo Pepper -7.27	Soapwort -6.84	Caraway Seed -6.65

Sugars & Sweeteners



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)

Positive & 0 dRs

Honey 21.75	Cane Sugar 18.51	Erythritol 15.33
Monk Fruit 9.91	Xylitol 7.82	Maple Sugar 5.55
Sucanat 5.20	Coconut Sugar 4.95	Balsamic Glaze 4.06
Brown Rice Syrup 3.87		

Negative In Range

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Molasses
-3.69

Stevia
-3.89

Agave
-4.33

Maple Syrup
-5.72

Maca
-5.79

Negative Out of Range

Yacon Root
-27.39

Sorghum Syrup
-7.97

Vegetables



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 & gums, skin, and eyes healthy. (15)

Positive & 0 dRs

Okra 22.42	Arugula 18.48	Sweet Potato 17.32
Watercress 17.01	Cauliflower 16.05	Asparagus 15.71
Rappini 14.51	Onion 12.67	Jalapenos 12.61
Water Chestnut 12.38	Kohlrabi 11.67	Portabella Mushroom 9.51
Turnip Greens 8.45	Endive 7.82	Leaf Lettuce 6.14
Shiitake Mushroom 5.81	Chives 5.77	Red Cabbage 5.77
Horseradish 5.74	Cucumber 5.68	Beet Greens 5.66
Parsley 5.61	String Bean (Green) 5.50	Cilantro 5.42
Artichoke 5.37	Green Olive 5.17	Broccoli Sprouts 5.04
Celery 4.91	Brussel Sprouts 4.85	White Potato 4.82
Corn 4.82	Mixed Lettuce 4.82	Kale 4.74
Iceberg Lettuce 4.66	Yam 4.37	Collard Greens 4.19
Parsnip 4.10	Zucchini 3.63	Spinach 3.57
Radicchio 2.85		

Negative In Range

Carrot -2.24	Scallions -3.03	Turnip -3.38
Shallot -4.31	Broccoli -4.32	Swiss Chard -4.33
White Cabbage -4.39	Garlic -4.57	Potato Starch -4.73
Spaghetti Squash -4.82	Fennel -4.91	Leek -4.96
Eggplant -5.11	Butternut Squash -5.26	Lettuce -5.27
Alfalfa Sprouts -5.43	Jicama -5.50	Green Pea -5.57
Seaweed -5.71	Pumpkin -5.78	Chinese Cabbage -5.86
Winter Squash -5.96	Chicory -6.32	Red Potato -6.38
Daikon -6.51	Palm Hearts -6.52	

Negative Out of Range

Escarole -33.39	Tomato -24.86	Caraway -23.09
Radish -21.90	Mustard Greens -20.67	Dandelion Greens -20.40
Avocado -19.01	Bok Choy -17.38	Snap Pea -16.70
Celeriac (Celery Root) -16.01	Pepper - Green Red Orange & Yellow -15.67	Romaine Lettuce -13.26
Rutabaga -12.70	Tempeh -11.20	Yellow Squash -10.12
Rhubarb -8.63	Beet Root -8.20	Bean Sprouts -7.79
Bamboo Shoots -7.69		

ASSOCIATED FOOD STRESSOR VIRTUAL ITEMS



Below is a categorized list of your top 30 out-of-range stressor Virtual Items followed by a categorized list all your out-of-range and 0 dR Virtual Items associated to food. These are items you may want to consider limiting or avoiding under the guidance of your practitioner. Also consider your food and water sources when looking at this data.

Stressor Categories Selected

26.08 **Ingredients Derived From GMO's**



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- 14.60 **Water Contaminants**
- 5.88 **Pesticides/Insecticides**
- 5.47 **GMO Foods**
- 5.23 **Endocrine Disruptors**
- 4.77 **Herbicides**
- 4.65 **Foods As Stressors**
- 3.97 **Food Chemicals & Additives**

Stressor Category Scan Responses

- 26.08 **Ingredients Derived From GMO's**
- 14.60 **Water Contaminants**
- 5.88 **Pesticides/Insecticides**
- 5.47 **GMO Foods**
- 5.23 **Endocrine Disruptors**
- 4.77 **Herbicides**
- 4.65 **Foods As Stressors**
- 3.97 **Food Chemicals & Additives**

Top 30 Stressors

Endocrine Disruptors

- 20.01 **Organophosphate Pesticides**

Food Chemicals & Additives

- 27.30 **Aspartame**
- 24.04 **Sodium Benzoate**
- 22.89 **Potassium Bromate**
- 19.32 **Caffeine**
- 19.26 **Sodium Nitrite**

Foods As Stressors

- 27.30 **Aspartame**
- 25.57 **Hydrolyzed Vegetable Protein**
- 20.42 **White Wheat Flour**
- 20.17 **Margarine**
- 19.83 **Cottonseed Oil**
- 19.23 **Cola/Soft Drinks**

Herbicides

- 23.90 **Diallate**
- 23.59 **Basalin**
- 20.76 **Pendimethalin**
- 19.91 **Metribuzin**

Ingredients Derived From GMO's

- 27.35 **Corn Sugar**
- 27.30 **Aspartame**
- 26.07 **Glycerol Monosterate**
- 25.57 **Hydrolyzed Vegetable Protein**

Pesticides/Insecticides



- 34.30 **Arsine**
- 32.43 **Chlorpyrifos**
- 31.26 **Ethion**
- 23.79 **Acetylcholine Chloride**
- 23.26 **Metasystox-R**
- 23.13 **Dichlone**
- 21.41 **TPTH**
- 20.91 **Chloroform**
- 20.80 **Sulfotep**
- 19.94 **Dialifor**
- 19.23 **Dyrene**
- 19.22 **Fenamiphos**

Water Contaminants

- 21.33 **Total Trihalomethanes (TTHMs)**

Stressor Results by Category - Out of Range and 0 dR Values

Endocrine Disruptors

- 20.01 **Organophosphate Pesticides**
- 18.85 **Phosmet**
- 18.09 **Perchlorate**
- 15.73 **Fusarium**
- 13.91 **Alkylphenol Polyethoxylates**
- 13.49 **Soy Bean**
- 12.04 **Phytoestrogen**
- 10.34 **Azinphos-Methyl**
- 10.12 **Malathion**
- 9.70 **Perfluorinated Compounds (PFCs)**
- 8.64 **Arsenic**
- 7.12 **Bisphenol A (BPA)**
- 7.01 **Phthalates**
- 6.72 **Diazinon**

Food Chemicals & Additives

- 27.30 **Aspartame**
- 24.04 **Sodium Benzoate**
- 22.89 **Potassium Bromate**
- 19.32 **Caffeine**
- 19.26 **Sodium Nitrite**
- 18.39 **Chewing Gums**
- 18.26 **Sulfur Dioxide**
- 17.39 **Maltol Gum**
- 17.37 **Glycerine**
- 17.30 **Sodium Bisulfite**
- 17.27 **Equal**
- 17.19 **Canthaxanthin**
- 16.72 **Potassium Propionate**
- 16.31 **Calcium Propionate**



- 16.08 Carrageenan Gum
- 16.06 Natural Flavor
- 16.06 Sodium Stearyl Fumarate
- 16.00 Whiten-All
- 15.75 Sorbitan
- 15.61 Hydrogen Peroxide
- 14.78 Ultramarine Blue
- 14.38 Saccharin
- 14.30 High Fructose Corn Syrup
- 14.25 Ammonium Iron Citrate
- 13.91 Sucralose
- 13.46 Sterol Esters
- 13.39 Cellulose
- 13.36 Iron Oxide
- 12.29 EDTA
- 11.94 Hydrogenated Oils
- 10.78 TBHQ
- 10.22 Mycoprotein
- 9.94 Titanium Dioxide
- 9.54 Potassium Bisulfite
- 9.40 Sodium Sulfate
- 7.72 FD&C Blue No.2
- 7.66 Sodium Sulfite
- 7.62 Tragacanth Gum
- 7.31 Sodium Nitrate
- 7.24 Citrus Red No.2
- 7.14 FD&C Green No.3
- 6.85 Dried Algae Meal

Foods As Stressors

- 27.30 Aspartame
- 25.57 Hydrolyzed Vegetable Protein
- 20.42 White Wheat Flour
- 20.17 Margarine
- 19.83 Cottonseed Oil
- 19.23 Cola/Soft Drinks
- 15.75 Soy Protein
- 14.38 Saccharin
- 14.30 High Fructose Corn Syrup
- 13.66 Soy Oil
- 12.52 Genetically Modified Organisms (GMOs)
- 11.94 Hydrogenated Oils
- 10.80 Canned Goods
- 10.36 Ice Cream
- 9.00 Fat Free/Low Fat Dairy
- 8.92 Agave
- 8.90 Safflower Oil
- 8.07 Fried Food



-7.89 **Artificial Sweeteners**

GMO Foods

- 14.17 **Corn (GMO)**
- 13.97 **Cotton (GMO)**
- 9.68 **Papaya (GMO)**

Herbicides

- 23.90 **Diallate**
- 23.59 **Basalin**
- 20.76 **Pendimethalin**
- 19.91 **Metribuzin**
- 18.96 **Isopropalin**
- 17.95 **Prowl**
- 17.78 **Oryzalin**
- 15.91 **Paarlan**
- 15.88 **Monuron TCA**
- 14.12 **Chlorpropham**
- 13.47 **Dalapon**
- 13.46 **Urox**
- 12.55 **Fluchloralin**
- 12.29 **Basagran**
- 11.51 **Cyanazine**
- 11.44 **Avadex**
- 10.75 **Cupric Sulfate**
- 10.57 **Bentazon**
- 10.56 **2,4-DP**
- 10.40 **Weedtrine-Plus**
- 10.23 **Diphenamid**
- 10.22 **Bromacil**
- 9.85 **Perfluidone**
- 9.71 **Paraquat Dichloride**
- 9.58 **EPTC**
- 9.56 **Picloram**
- 9.15 **Propanil**
- 8.93 **Asulam**
- 8.91 **BT**
- 8.64 **Arsenic**
- 7.96 **DCPA**
- 7.52 **Propham**
- 7.33 **Phenmedipham**
- 7.23 **Glyphosate**
- 6.82 **Hexazinone**
- 6.73 **Simazine**
- 6.66 **Norflurazon**

Ingredients Derived From GMO's

- 27.35 **Corn Sugar**
- 27.30 **Aspartame**



- 26.07 **Glycerol Monosterate**
- 25.57 **Hydrolyzed Vegetable Protein**
- 17.27 **Equal**
- 17.23 **Erythritol**
- 16.86 **Monoglycerides**
- 15.48 **Confectioners Sugar**
- 14.30 **High Fructose Corn Syrup**
- 14.04 **Monosodium Glutamate (MSG)**
- 13.66 **Soy Oil**
- 13.54 **Phenylalanine**
- 13.39 **Cellulose**
- 12.43 **Sugar, White Refined**
- 11.81 **Cow Whey**
- 11.11 **Cystein**
- 11.04 **Omega-9 (Oleic Acid)**
- 10.37 **Corn Gluten**
- 10.13 **Invert Sugar**
- 10.10 **Lysine**
- 9.97 **Maltose**
- 9.70 **Modified Food Starch**
- 9.55 **Mannitol**
- 8.92 **Gluten**
- 8.02 **Diacetyl**
- 7.24 **Tofu**
- 7.18 **Cobalamin (Vitamin B-12)**
- 6.64 **Corn Flour**

Pesticides/Insecticides

- 34.30 **Arsine**
- 32.43 **Chlorpyrifos**
- 31.26 **Ethion**
- 23.79 **Acetylcholine Chloride**
- 23.26 **Metasystox-R**
- 23.13 **Dichlone**
- 21.41 **TPTH**
- 20.91 **Chloroform**
- 20.80 **Sulfotep**
- 19.94 **Dialifor**
- 19.23 **Dyrene**
- 19.22 **Fenamiphos**
- 19.02 **Bladafum**
- 18.85 **Phosmet**
- 18.41 **Acephate**
- 18.08 **Methomyl**
- 17.99 **Heptachlor**
- 17.82 **Phosalone**
- 17.33 **Triclosan**
- 16.96 **Captan**



- 16.73 **Cyclohexanol**
- 16.42 **Cyhexatin**
- 15.85 **Dodine**
- 15.43 **Acti-Aid**
- 15.33 **Fensulfothion**
- 15.19 **Thiram**
- 14.79 **Copper Sulfate**
- 14.77 **Chloroneb**
- 14.49 **Aldrin**
- 14.48 **Trichlorfon**
- 14.30 **Ethyl-Parathion**
- 14.10 **Fenitrothion**
- 13.96 **Winsul/ Thiovit/ Cosan**
- 13.91 **Alkylphenol Polyethoxylates**
- 13.79 **Sumithrin**
- 13.65 **Anthracene**
- 13.50 **Sulprofos**
- 13.36 **Anilazine**
- 13.10 **Diphenyl**
- 13.02 **Chlordimeform HC1**
- 12.83 **Metiram**
- 12.78 **Ethoprop**
- 12.66 **Mevinphos**
- 12.62 **Metalazyl**
- 12.40 **Methyl**
- 12.36 **Neonicotinoid**
- 11.56 **Phosphamidon**
- 11.51 **Cyanazine**
- 11.39 **Ethylene Oxide**
- 11.32 **Chlordane**
- 10.75 **Cupric Sulfate**
- 10.57 **Aspon**
- 10.34 **Azinphos-Methyl**
- 10.12 **Malathion**
- 10.02 **Bendiocarb**
- 9.91 **Black Flag/ Raid**
- 9.89 **Carbaryl**
- 9.75 **Cryolite**
- 9.55 **Fosetyl-Al**
- 9.47 **Captafol**
- 9.39 **Diffubenzuron**
- 9.23 **Ripcord**
- 9.23 **Methiocarb**
- 9.23 **Carbofuran**
- 9.11 **Carbophenothion**
- 8.91 **BT**
- 8.85 **Fenaminosulf**



- 8.64 **Arsenic**
- 8.62 **Methyl-Parathion**
- 7.80 **Morpholine**
- 7.48 **Dimethoate**
- 7.34 **Carzol**
- 7.29 **Carboxin**
- 7.25 **Menab**
- 7.01 **Phthalates**
- 6.72 **Diazinon**

Water Contaminants

- 21.33 **Total Trihalomethanes (TTHMs)**
- 19.22 **Vinyl Chloride**
- 18.88 **Benzo(a)pyrene (PAH)**
- 18.09 **Perchlorate**
- 17.99 **Heptachlor**
- 17.66 **Selenium**
- 17.39 **Enterovirus**
- 17.33 **Triclosan**
- 17.20 **1 2-Dibromo-3-chloropropane (DBCP)**
- 17.14 **Giardia Lamblia**
- 16.97 **1 2 4-Trichlorobenzene**
- 16.76 **trans-1 2-Dichloroethylene**
- 15.27 **Toluene**
- 14.98 **Beryllium**
- 14.24 **Fluoride**
- 13.87 **Chlorite**
- 13.60 **Endothall**
- 13.47 **Dalapon**
- 13.43 **Hexavalent Chromium**
- 13.05 **Chlorine**
- 12.78 **2 4 5-TP (Silvex)**
- 12.66 **Barium**
- 12.28 **Bromate**
- 12.27 **Di(2-ethylhexyl) phthalate**
- 12.26 **cis-1 2-dichloroethylene**
- 11.32 **Chlordane**
- 10.58 **Antimony**
- 10.22 **Cyanide**
- 10.04 **Hexachlorocyclopentadiene**
- 9.70 **Perfluorinated Compounds (PFCs)**
- 9.56 **Dichloromethane**
- 9.56 **Picloram**
- 9.23 **Carbofuran**
- 8.81 **1 2-Dichloroethane**
- 8.73 **Haloacetic acids (HAA5)**
- 8.66 **Radionuclides**
- 8.64 **Arsenic**



- 8.57 Nitrate
- 8.56 Trichloroethylene
- 8.17 Asbestos
- 7.88 Radium 226 & 228
- 7.23 Glyphosate
- 7.01 Phthalates
- 6.73 Simazine
- 6.53 Legionella

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Below is a categorized list of your top 30 out-of-range stressor Virtual Items followed by a categorized list all your out-of-range and 0 dR Virtual Items associated to food. These are items you may want to consider limiting or avoiding under the guidance of your practitioner. Also consider your food and water sources when looking at this data.

Stressor Categories Selected

- 26.08 **Ingredients Derived From GMO's**
- 14.60 **Water Contaminants**
- 5.88 **Pesticides/Insecticides**
- 5.47 **GMO Foods**
- 5.23 **Endocrine Disruptors**
- 4.77 **Herbicides**
- 4.65 **Foods As Stressors**
- 3.97 **Food Chemicals & Additives**

Stressor Category Scan Responses

- 26.08 **Ingredients Derived From GMO's**
- 14.60 **Water Contaminants**
- 5.88 **Pesticides/Insecticides**
- 5.47 **GMO Foods**
- 5.23 **Endocrine Disruptors**
- 4.77 **Herbicides**
- 4.65 **Foods As Stressors**
- 3.97 **Food Chemicals & Additives**

Top 30 Stressors

Endocrine Disruptors

- 20.01 **Organophosphate Pesticides**

Food Chemicals & Additives

- 27.30 **Aspartame**
- 24.04 **Sodium Benzoate**
- 22.89 **Potassium Bromate**
- 19.32 **Caffeine**
- 19.26 **Sodium Nitrite**

Foods As Stressors

- 27.30 **Aspartame**
- 25.57 **Hydrolyzed Vegetable Protein**
- 20.42 **White Wheat Flour**
- 20.17 **Margarine**
- 19.83 **Cottonseed Oil**



-19.23 **Cola/Soft Drinks**

Herbicides

- 23.90 **Diallate**
- 23.59 **Basalin**
- 20.76 **Pendimethalin**
- 19.91 **Metribuzin**

Ingredients Derived From GMO's

- 27.35 **Corn Sugar**
- 27.30 **Aspartame**
- 26.07 **Glycerol Monosterate**
- 25.57 **Hydrolyzed Vegetable Protein**

Pesticides/Insecticides

- 34.30 **Arsine**
- 32.43 **Chlorpyrifos**
- 31.26 **Ethion**
- 23.79 **Acetylcholine Chloride**
- 23.26 **Metasystox-R**
- 23.13 **Dichlone**
- 21.41 **TPTH**
- 20.91 **Chloroform**
- 20.80 **Sulfotep**
- 19.94 **Dialifor**
- 19.23 **Dyrene**
- 19.22 **Fenamiphos**

Water Contaminants

- 21.33 **Total Trihalomethanes (TTHMs)**

Top 10 Out of Range Stressors w/ Description

- 34.30 **Arsine**

(Arsenic trihydride)

Arsine Toxicity Symptoms: Enzyme inhibitor, anorexia, diarrhea, nausea, vomiting, chronic anemia, drowsiness, dermatitis, stomatitis, liver dysfunction, hair loss, headache, vertigo, fever, stupor, herpes, jaundice, fluid loss, throat constriction, spasms, respiratory tract infection, garlicky odor to breath or stool, keritosis, pallor, goiter.

Sources: Coal combustion, paints, rat poisoning, beer, pesticides, table salt, seafood from coastal waters (oysters, shrimp, muscles), fungicides, drinking water, wood preservatives.

32.43 **Chlorpyrifos**

Common name: Chlorpyrifos (ANSI, BSI, ISO)

Other names: Brodan, Eradex, (Both planters products), Chlorpyrifos 99%, Piridane

Action: Insecticide

Use: Foliar for alfalfa, cotton; for aphids, armyworms, billbugs, chinch bugs, common stalk borer, corn borers, corn earworm, corn rootworm adults, grasshoppers, lesser cornstalk borer. Dormant to fruit trees for peachtree borer, overwinter scale. Slurry seed treatment for seed corn maggot. Foliar, soil application on sorghum, soybeans, sugarbeets, sunflowers. Soil application for peanuts. Dursban for fire ants, ornamental plant insects, stored product insects, turf. Lorsban as a soil insecticide for billbugs, corn rootworms, cutworms, flea beetle larvae, grubs, lesser cornstalk borer, seed corn beetle, seed corn maggot, symphylan, wireworm on corn. Lorsban 50SL for stored seed at 12-24 ppm.

Formulations: Emulsifiable concentrate, dust, flowable, pellet, spray, granular wettable powder.



First Aid: Get medical aid. Eyes, flush immediately with plenty of water. Skin, wash thoroughly with soap and water. Remove contaminated clothing and shoes. Inhalation, remove to fresh air.

-31.26 **Ethion**

Common name: Ethion (BSI, CSA, ESA, ISO, ISI), diethion (France, South Africa)

Action: Insecticide-acaricide

Use: Controls Aphids, mites (including Eriophyd mites), scales, thrips, leafhoppers, maggots, foliar feeding larvae on variety of food, fiber and ornamental crops.

Formulations: Dust, emulsifiable concentrates, emulsifiable solution, granules, wettable powder

First Aid: Get medical aid. Eyes, flush immediately with plenty of water, Skin, wash thoroughly with soap and water. Remove contaminated clothing and shoes. Inhalation, remove to fresh air. Ingestion, unless a physician can be seen within one hour, drink two glasses of water and induce vomiting.

27.35 **Corn Sugar**

dextrose, especially when made from cornstarch.

27.30 **Aspartame**

A sweetener found in many foods such as diet sodas, chewing gum and toothpaste. It is a crystalline compound that is a diamide synthesized from phenylalanine and aspartic acid and used as a low-calorie sweetener. Replace with natural sweeteners, xylitol, agave, maltitol, lohi a sweet fruit citrus extract.

26.07 **Glycerol Monostearate**

GMS is a food additive used as a thickening, emulsifying, anti-caking, and preservative agent; an emulsifying agent for oils, waxes, and solvents; a protective coating for hygroscopic powders; a solidifier and control release agent in pharmaceuticals; and a resin lubricant. It is also used in cosmetics and hair care products.

GMS is largely used in baking preparations to add "body" to the food. It is responsible for giving ice cream and whipped cream its smooth texture. It is sometimes used as an anti-staling agent in bread.

-25.57 **Hydrolyzed Vegetable Protein**

[No main description available]

-24.04 **Sodium Benzoate**

Sodium benzoate is a substance which has the chemical formula $\text{NaC}_7\text{H}_5\text{O}_2$. It is a widely used food preservative, with an E number of E211. It is the sodium salt of benzoic acid and exists in this form when dissolved in water. It can be produced by reacting sodium hydroxide with benzoic acid.

Sodium benzoate is a preservative. As a food additive, sodium benzoate has the E number E211. It is bacteriostatic and fungistatic under acidic conditions. It is most widely used in acidic foods such as salad dressings (vinegar), carbonated drinks (carbonic acid), jams and fruit juices (citric acid), pickles (vinegar), and condiments. It is also used as a preservative in medicines and cosmetics. Concentration as a food preservative is limited by the FDA in the U.S. to 0.1% by weight. Sodium benzoate is also allowed as an animal food additive at up to 0.1%, according to AFCD's official publication

23.90 **Diallate**

See AVADEX

Other names: S-(2,3-Dichloroallyl) diisopropyl-thiocarbamate, Carbamothioic acid, bis(1-methylethyl)-S-(2,3-dichloro-2-propenyl) ester, Avadex, and 2,3-DCDT. It is a brown liquid.

An extremely active pre-emergence herbicide against certain annual monocots, particularly *avena fatua*, with safety for cereal grains at rates necessary to control the weeds. It has also shown promise as a sprout inhibitor in potatoes. Used as before or after planting treatment for control of wild oats, for use on alfalfa, alsike clover, barley, corn, flax, soybeans, lentils, peas, potatoes, red clover, sugar beets, and sweet clover. It is used as an herbicide for flax and peas.

Diallate is slightly irritating to skin, eyes, and mucous membranes.

23.79 **Acetylcholine Chloride**

Acetylcholine chloride or ACC is a neurotransmitter of major significance to the human body. Its role in nerve function is well known and understood. ACC is



derived from the essential amino acid choline which has an established RDA of 1 - 6 grams/day. Human deficiency of choline is not known in developed countries except where different individuals have been deprived of adequate protein intake. Literature indicates that ACC may be compromised where individuals have been exposed to pesticides which inhibit acetylcholine esterase, the enzyme that controls ACC levels in nerve tissue.

Endocrine Disruptors

- 20.01 **Organophosphate Pesticides**
- 18.85 **Phosmet**
- 18.09 **Perchlorate**
- 15.73 **Fusarium**
- 13.91 **Alkylphenol Polyethoxylates**
- 13.49 **Soy Bean**
- 12.04 **Phytoestrogen**
- 10.34 **Azinphos-Methyl**
- 10.12 **Malathion**
- 9.70 **Perfluorinated Compounds (PFCs)**
- 8.64 **Arsenic**
- 7.12 **Bisphenol A (BPA)**
- 7.01 **Phthalates**
- 6.72 **Diazinon**

Food Chemicals & Additives

- 27.30 **Aspartame**
- 24.04 **Sodium Benzoate**
- 22.89 **Potassium Bromate**
- 19.32 **Caffeine**
- 19.26 **Sodium Nitrite**
- 18.39 **Chewing Gums**
- 18.26 **Sulfur Dioxide**
- 17.39 **Maltol Gum**
- 17.37 **Glycerine**
- 17.30 **Sodium Bisulfite**
- 17.27 **Equal**
- 17.19 **Canthaxanthin**
- 16.72 **Potassium Propionate**
- 16.31 **Calcium Propionate**
- 16.08 **Carrageenan Gum**
- 16.06 **Natural Flavor**
- 16.06 **Sodium Stearyl Fumarate**
- 16.00 **Whiten-All**
- 15.75 **Sorbitan**
- 15.61 **Hydrogen Peroxide**
- 14.78 **Ultramarine Blue**
- 14.38 **Saccharin**
- 14.30 **High Fructose Corn Syrup**
- 14.25 **Ammonium Iron Citrate**
- 13.91 **Sucralose**
- 13.46 **Sterol Esters**
- 13.39 **Cellulose**
- 13.36 **Iron Oxide**
- 12.29 **EDTA**



- 11.94 **Hydrogenated Oils**
- 10.78 **TBHQ**
- 10.22 **Mycoprotein**
- 9.94 **Titanium Dioxide**
- 9.54 **Potassium Bisulfite**
- 9.40 **Sodium Sulfate**
- 7.72 **FD&C Blue No.2**
- 7.66 **Sodium Sulfite**
- 7.62 **Tragacanth Gum**
- 7.31 **Sodium Nitrate**
- 7.24 **Citrus Red No.2**
- 7.14 **FD&C Green No.3**
- 6.85 **Dried Algae Meal**

Foods As Stressors

- 27.30 **Aspartame**
- 25.57 **Hydrolyzed Vegetable Protein**
- 20.42 **White Wheat Flour**
- 20.17 **Margarine**
- 19.83 **Cottonseed Oil**
- 19.23 **Cola/Soft Drinks**
- 15.75 **Soy Protein**
- 14.38 **Saccharin**
- 14.30 **High Fructose Corn Syrup**
- 13.66 **Soy Oil**
- 12.52 **Genetically Modified Organisms (GMOs)**
- 11.94 **Hydrogenated Oils**
- 10.80 **Canned Goods**
- 10.36 **Ice Cream**
- 9.00 **Fat Free/Low Fat Dairy**
- 8.92 **Agave**
- 8.90 **Safflower Oil**
- 8.07 **Fried Food**
- 7.89 **Artificial Sweeteners**

GMO Foods

- 14.17 **Corn (GMO)**
- 13.97 **Cotton (GMO)**
- 9.68 **Papaya (GMO)**

Herbicides

- 23.90 **Diallate**
- 23.59 **Basalin**
- 20.76 **Pendimethalin**
- 19.91 **Metribuzin**
- 18.96 **Isopropalin**
- 17.95 **Prowl**
- 17.78 **Oryzalin**
- 15.91 **Paarlan**



- 15.88 **Monuron TCA**
- 14.12 **Chlorpropham**
- 13.47 **Dalapon**
- 13.46 **Urox**
- 12.55 **Fluchloralin**
- 12.29 **Basagran**
- 11.51 **Cyanazine**
- 11.44 **Avadex**
- 10.75 **Cupric Sulfate**
- 10.57 **Bentazon**
- 10.56 **2,4-DP**
- 10.40 **Weedtrine-Plus**
- 10.23 **Diphenamid**
- 10.22 **Bromacil**
- 9.85 **Perfluidone**
- 9.71 **Paraquat Dichloride**
- 9.58 **EPTC**
- 9.56 **Picloram**
- 9.15 **Propanil**
- 8.93 **Asulam**
- 8.91 **BT**
- 8.64 **Arsenic**
- 7.96 **DCPA**
- 7.52 **Propham**
- 7.33 **Phenmedipham**
- 7.23 **Glyphosate**
- 6.82 **Hexazinone**
- 6.73 **Simazine**
- 6.66 **Norflurazon**

Ingredients Derived From GMO's

- 27.35 **Corn Sugar**
- 27.30 **Aspartame**
- 26.07 **Glycerol Monostearate**
- 25.57 **Hydrolyzed Vegetable Protein**
- 17.27 **Equal**
- 17.23 **Erythritol**
- 16.86 **Monoglycerides**
- 15.48 **Confectioners Sugar**
- 14.30 **High Fructose Corn Syrup**
- 14.04 **Monosodium Glutamate (MSG)**
- 13.66 **Soy Oil**
- 13.54 **Phenylalanine**
- 13.39 **Cellulose**
- 12.43 **Sugar, White Refined**
- 11.81 **Cow Whey**
- 11.11 **Cystein**
- 11.04 **Omega-9 (Oleic Acid)**



- 10.37 **Corn Gluten**
- 10.13 **Invert Sugar**
- 10.10 **Lysine**
- 9.97 **Maltose**
- 9.70 **Modified Food Starch**
- 9.55 **Mannitol**
- 8.92 **Gluten**
- 8.02 **Diacetyl**
- 7.24 **Tofu**
- 7.18 **Cobalamin (Vitamin B-12)**
- 6.64 **Corn Flour**

Pesticides/Insecticides

- 34.30 **Arsine**
- 32.43 **Chlorpyrifos**
- 31.26 **Ethion**
- 23.79 **Acetylcholine Chloride**
- 23.26 **Metasystox-R**
- 23.13 **Dichlone**
- 21.41 **TPTH**
- 20.91 **Chloroform**
- 20.80 **Sulfotep**
- 19.94 **Dialifor**
- 19.23 **Dyrene**
- 19.22 **Fenamiphos**
- 19.02 **Bladafum**
- 18.85 **Phosmet**
- 18.41 **Acephate**
- 18.08 **Methomyl**
- 17.99 **Heptachlor**
- 17.82 **Phosalone**
- 17.33 **Triclosan**
- 16.96 **Captan**
- 16.73 **Cyclohexanol**
- 16.42 **Cyhexatin**
- 15.85 **Dodine**
- 15.43 **Acti-Aid**
- 15.33 **Fensulfothion**
- 15.19 **Thiram**
- 14.79 **Copper Sulfate**
- 14.77 **Chloroneb**
- 14.49 **Aldrin**
- 14.48 **Trichlorfon**
- 14.30 **Ethyl-Parathion**
- 14.10 **Fenitrothion**
- 13.96 **Winsul/ Thiovit/ Cosan**
- 13.91 **Alkylphenol Polyethoxylates**
- 13.79 **Sumithrin**



- 13.65 **Anthracene**
- 13.50 **Sulprofos**
- 13.36 **Anilazine**
- 13.10 **Diphenyl**
- 13.02 **Chlordimeform HC1**
- 12.83 **Metiram**
- 12.78 **Ethoprop**
- 12.66 **Mevinphos**
- 12.62 **Metalazyl**
- 12.40 **Methyl**
- 12.36 **Neonicotinoid**
- 11.56 **Phosphamidon**
- 11.51 **Cyanazine**
- 11.39 **Ethylene Oxide**
- 11.32 **Chlordane**
- 10.75 **Cupric Sulfate**
- 10.57 **Aspon**
- 10.34 **Azinphos-Methyl**
- 10.12 **Malathion**
- 10.02 **Bendiocarb**
- 9.91 **Black Flag/ Raid**
- 9.89 **Carbaryl**
- 9.75 **Cryolite**
- 9.55 **Fosetyl-Al**
- 9.47 **Captafol**
- 9.39 **Diffubenzuron**
- 9.23 **Ripcord**
- 9.23 **Methiocarb**
- 9.23 **Carbofuran**
- 9.11 **Carbophenothion**
- 8.91 **BT**
- 8.85 **Fenaminosulf**
- 8.64 **Arsenic**
- 8.62 **Methyl-Parathion**
- 7.80 **Morpholine**
- 7.48 **Dimethoate**
- 7.34 **Carzol**
- 7.29 **Carboxin**
- 7.25 **Menab**
- 7.01 **Phthalates**
- 6.72 **Diazinon**

Water Contaminants

- 21.33 **Total Trihalomethanes (TTHMs)**
- 19.22 **Vinyl Chloride**
- 18.88 **Benzo(a)pyrene (PAH)**
- 18.09 **Perchlorate**
- 17.99 **Heptachlor**



- 17.66 **Selenium**
- 17.39 **Enterovirus**
- 17.33 **Triclosan**
- 17.20 **1 2-Dibromo-3-chloropropane (DBCP)**
- 17.14 **Giardia Lamblia**
- 16.97 **1 2 4-Trichlorobenzene**
- 16.76 **trans-1 2-Dichloroethylene**
- 15.27 **Toluene**
- 14.98 **Beryllium**
- 14.24 **Fluoride**
- 13.87 **Chlorite**
- 13.60 **Endothall**
- 13.47 **Dalapon**
- 13.43 **Hexavalent Chromium**
- 13.05 **Chlorine**
- 12.78 **2 4 5-TP (Silvex)**
- 12.66 **Barium**
- 12.28 **Bromate**
- 12.27 **Di(2-ethylhexyl) phthalate**
- 12.26 **cis-1 2-dichloroethylene**
- 11.32 **Chlordane**
- 10.58 **Antimony**
- 10.22 **Cyanide**
- 10.04 **Hexachlorocyclopentadiene**
- 9.70 **Perfluorinated Compounds (PFCs)**
- 9.56 **Dichloromethane**
- 9.56 **Picloram**
- 9.23 **Carbofuran**
- 8.81 **1 2-Dichloroethane**
- 8.73 **Haloacetic acids (HAA5)**
- 8.66 **Radionuclides**
- 8.64 **Arsenic**
- 8.57 **Nitrate**
- 8.56 **Trichloroethylene**
- 8.17 **Asbestos**
- 7.88 **Radium 226 & 228**
- 7.23 **Glyphosate**
- 7.01 **Phthalates**
- 6.73 **Simazine**
- 6.53 **Legionella**