

SAMPLE REPORT

COMPLETE RESULTS

7/8/2022 4:27:00 PM



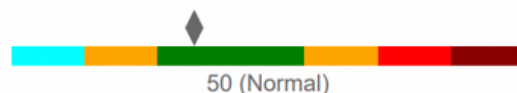


Insight

Spirit



3 -> VITAL ENERGY (for Healing)



Level 1 vibration is NORMAL, Excess Toxins - Chakra 1, Color: Dark-Red/C Herb: Reishi



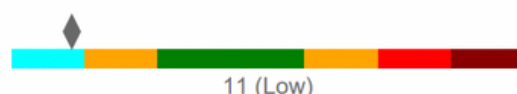
2 -> LIFE FORCE (for Expression)



Level 3 vibration is HIGH, Excess Lymph/Excretory affects Chakra 1, Decrease Org-Red/C# Use: Schisandra
Physical: skeletal, teeth, excretory organs, external genital, nose and sinuses, legs, feet, toes



1 -> NADI ENERGY (for Change)



Level 12 vibration is LOW, Underactive Nervous System, Brain affects Chakra 7, Increase Violet/B Use: Cordyceps
Emotional: Father/God, Relationship with Authority, The direction in life, Sense of unity

Subconscious



0 -> LEVEL OF CONCIOUSNESS



Level 3 vibration is VERY LOW GUILT, Underactive Lymph/Excretory affects Chakra 1, Increase Org-Red/C# Use: Schisandra
Emotional: Mother/ Home, Sense of smell, Trust to life, Occupation, stability to our whole life

Brain Balance



Right side/Left Brain/Creative -> 0. Deficient



Level 3 vibration is FEMALE THINKING, Lymph/Excretory - Chakra 1, Color: Org-Red/C# Herb: Schisandra



Left Side/Right Brain/Logical -> 0. Deficient

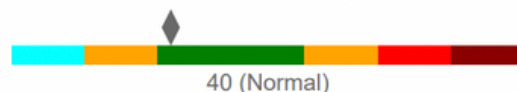


Level 11 vibration is MALE THINKING, Immunity, Adrenals, Endocrine - Chakra 6, Color: Indigo/A/A# Herb: MyGensing

Organs



Tw -> San-Jiao - Chest and Breathing function



Level 9 vibration is NORMAL, Nutri/Lg. Intestine, Colon - Chakra 5, Color: Blue/G Herb: Lactoflor/Aminos


Th -> Thyroid - produces iodine-containing hormones

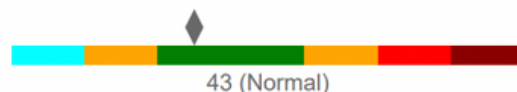

Level 3 vibration is VERY LOW, Underactive Lymph/Excretory affects Chakra 1, Increase Org-Red/C# Use: Schisandra

Emotional: Mother/ Home, Sense of smell, Trust to life, Occupation, stability to our whole life

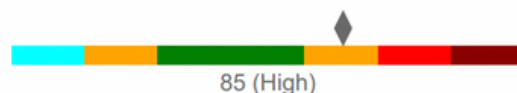

St -> Stomach - aids in food digestion, enzymes and HCl


Level 6 vibration is VERY LOW, Underactive Stomach/Spleen/Lung Chakra 3, Increase Yellow/E Use: Artemesia

Emotional: Worry/Decisions, swings from procrastination to workaholic, lacks ideas and action, gets stuck

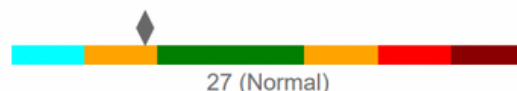

Sp -> Spleen - filters out old RBC waste, reserve of blood


Level 7 vibration is NORMAL, Heart/Kidney/Bladder - Chakra 4, Color: Yellow-Green/F Herb: Lotus/NRG

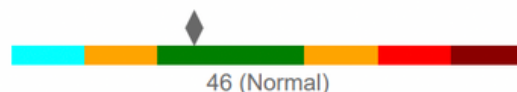

Si -> Small Intestine - absorbs nutrients minerals from food


Level 1 vibration is HIGH, Excess Chemical Toxins affects Chakra 1, Decrease Dark-Red/C Use: Reishi

Physical: Large, thick muscles, heart, poor circulation, small intestines, elbow, shoulders


Re -> Reproductive - anatomical sexual organs, hormones


Level 7 vibration is NORMAL, Heart/Kidney/Bladder - Chakra 4, Color: Yellow-Green/F Herb: Lotus/NRG

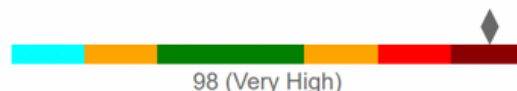

Pc -> Pericardium - A sac around the heart


Level 5 vibration is NORMAL, Hormones/Reproductive - Chakra 2, Color: Orange/D Herb: Cyperus


Pa -> Pancreas - enzymes, regulate blood sugar levels

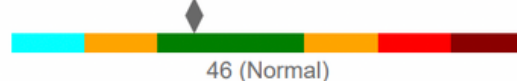

Level 8 vibration is HIGH, Excess Minerals, Hydration affects Chakra 5, Decrease Blue/G Use: Rhodiola/Moomyio

Physical: neurotransmitters, utilization of minerals, the bones, blood, feet, toes, liver and lower legs


Ly -> Lymphatic - contains waste products, cellular debris


Level 6 vibration is VERY HIGH, Excess Stomach/Spleen/Lung affects Chakra 3, Decrease Yellow/E Use: Artemesia

Physical: kidney, bladder, enviro. allergies duodenum, ears and eye nerves, pancreas, sinuses and tongue


Lv -> Liver - responsible for 500 functions, 20% RBC Oxygen


Level 12 vibration is NORMAL, VE, Nervous System, Brain - Chakra 7, Color: Violet/B Herb: Cordyceps

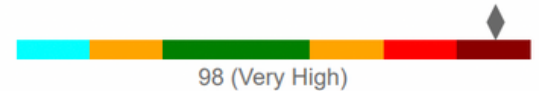

Lu -> Lung - regulation of blood, nerve, microbiome


Level 7 vibration is HIGH, Excess Heart/Kidney/Bladder affects Chakra 4, Decrease Yellow-Green/F Use: Lotus/NRG

Physical: Mucus Allergies, stomach, oxygenation, digestive tract, hair loss, weak muscles, pain, eye



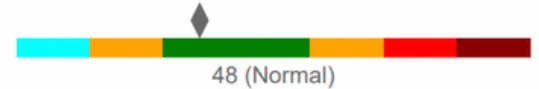
Li -> Large Intestine - absorbs water and nutrients from food



Level 6 vibration is VERY HIGH, Excess Stomach/Spleen/Lung affects Chakra 3, Decrease Yellow/E Use: Artemesia
Physical: kidney, bladder, enviro. allergies duodenum, ears and eye nerves, pancreas, sinuses and tongue



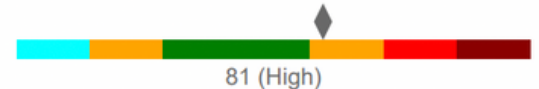
Ki -> Kidney – excretes waste produced by metabolism



Level 2 vibration is NORMAL, Blood circulation - Chakra 1, Color: Red/C# Herb: Blueberry



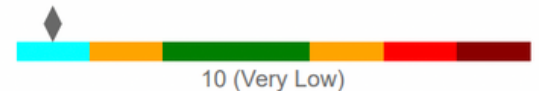
Hr -> Heart - pumps blood through the blood vessel



Level 6 vibration is HIGH, Excess Stomach/Spleen/Lung affects Chakra 3, Decrease Yellow/E Use: Artemesia
Physical: kidney, bladder, enviro. allergies duodenum, ears and eye nerves, pancreas, sinuses and tongue



Gb -> Gallbladder - store bile for the digestion of fats



Level 8 vibration is VERY LOW, Diffecient in Minerals, Hydration affects Chakra 5, Increase Blue/G Use:
Rhodiola/Moomyio
Emotional: Expression/Acceptance, can't prioritize physical issues or deal with low mood/deepening depression



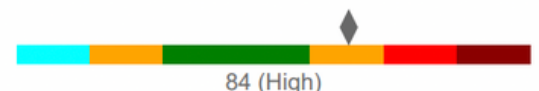
Br -> Brain - provides coherent control over the body



Level 6 vibration is NORMAL, Stomach/Spleen/Lung Chakra 3, Color: Yellow/E Herb: Artemesia



Bl -> Bladder Urinary – collects and holds urine



Level 12 vibration is HIGH, Overactive Nervous System, Brain affects Chakra 7, Decrease Violet/B Use: Cordyceps
Physical: CNS/electrical body, memory, EMF causing: esophagus, arms, hands, large intestines, colon and trachea

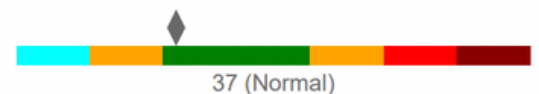
As -> Inflammatory score



Level 10 vibration is VERY HIGH, Overactive Thyroid gland, metabolism affects Chakra 5, Decrease Blue/G Use:
Jujube
Physical: processes of: enzymes/digestion. gall bladder, lower back, prostate and sciatic nerve, parasympathetic



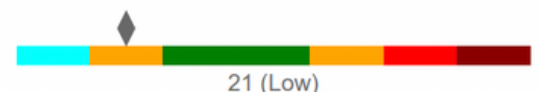
Ai -> Immune Defense



Level 4 vibration is NORMAL, Liver/GB/P - Chakra 2, Color: Organge/D Herb: Olive Leaf

Distortions

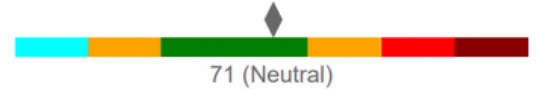
.7 -> Distortion



Level 12 vibration is LOW, Underactive Nervous System, Brain affects Chakra 7, Increase Violet/B Use: Cordyceps
Emotional: Father/God, Relationship with Authority, The direction in life, Sense of unity



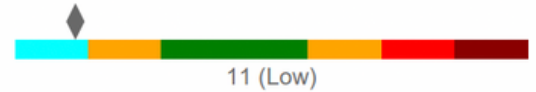
.6 -> Level of Toxicity (Body)



Level 5 vibration is NEUTRAL, Hormones/Reproductive - Chakra 2, Color: Orange/D Herb: Cyperus



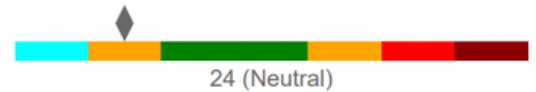
.5 -> Negative Decisions Taken (Karma)



Level 6 vibration is LOW, Underactive Stomach/Spleen/Lung Chakra 3, Increase Yellow/E Use: Artemesia
Emotional: Worry/Decisions, swings from procrastination to workaholic, lacks ideas and action, gets stuck



.4 -> External Influences (Destiny)

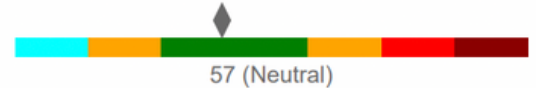


Level 11 vibration is NEUTRAL, Immunity, Adrenals, Endocrine - Chakra 6, Color: Indigo/A/A# Herb: MyGensing

Chakra



7 -> Violet- Creativity



Level 11 vibration is NEUTRAL, Immunity, Adrenals, Endocrine - Chakra 6, Color: Indigo/A/A# Herb: MyGensing



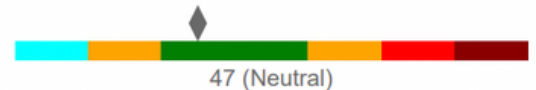
6 -> Indigo - Intuition - seat of the mind



Level 4 vibration is NEUTRAL, Liver/GB/P - Chakra 2, Color: Orange/D Herb: Olive Leaf



5 -> Blue - Communication, Expressing Truth



Level 1 vibration is NEUTRAL, Excess Toxins - Chakra 1, Color: Dark-Red/C Herb: Reishi



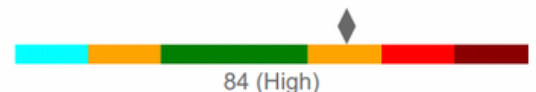
4 -> Green - Love and relationship, space of healing



Level 2 vibration is NEUTRAL, Blood circulation - Chakra 1, Color: Red/C# Herb: Blueberry



3 -> Yellow - Strength of character, power, personality



Level 2 vibration is HIGH, Excess Blood circulation affects Chakra 1, Decrease Red/C# Use: Blueberry
Physical: poor digestion, joints tendon/ligaments, ulcers, skin, rectum, uterus, tonsils issues



2 -> Orange - Emotional integrity



Level 8 vibration is VERY LOW, Difficient in Minerals, Hydration affects Chakra 5, Increase Blue/G Use: Rhodiola/Moomyio
Emotional: Expression/Acceptance, can't prioritize physical issues or deal with low mood/deepening depression



1 -> Red - Sense of security and stability



Level 6 vibration is VERY LOW, Underactive Stomach/Spleen/Lung Chakra 3, Increase Yellow/E Use: Artemesia
Emotional: Worry/Decisions, swings from procrastination to workaholic, lacks ideas and action, gets stuck



Elimination Diet - Introduction

An elimination diet is an eating plan that omits a food or group of foods believed to cause an adverse food reaction, often referred to as a "food intolerance." By removing certain foods for a period and then reintroducing them during a "challenge" period, you can learn which foods are causing symptoms or making them worse. We often think of food reactions as a rapid allergic reaction, such as when a person has an anaphylactic reaction to eating peanuts, and their throat swells up.

However, there are other ways our bodies can react to foods that may not be so immediate. The slow progression of intolerance 'build-up' can slow down your body systems and organs. Food intolerances may also alter your mood, affect your thoughts, and not leave you feeling the greatest. Experience has shown that combining these Quantum Feedback tests and elimination diets are two of the best tools for identifying food intolerances and giving you confidence making the CHOICE to eliminate that item.

Take-aways

Take-aways

Symptoms of food intolerance can vary widely. They can include stomach and bowel irritation, headaches, hives, itching, and even vague feelings of being unwell, such as flu-like aches and pains, unusual tiredness, or concentration problems. Certain foods and food groups are also known to exacerbate symptoms in people with specific conditions such as autoimmune disorders, migraines, Irritable Bowel Syndrome, gastroesophageal reflux (GERD), and others.

Symptoms and their severity are unique to the individual. They are influenced by specific compounds, a person's sensitivity level, and how much of certain foods are eaten. If the same food is eaten repeatedly, or different foods with the same compound are eaten together or often, the body may reach a threshold or a tipping point where symptoms begin to occur.**

Natural Food Substances

Even "healthy" foods contain many different naturally occurring chemicals that can be a problem for some people. Substances common to many other foods, such as salicylates, amines, and glutamate, may cause symptoms for different individuals. It is beyond the scope of this report to provide detail about the different categories of natural substances that may cause symptoms, but this can be explored with a practitioner who is comfortable working with elimination diets (not all practitioners are).

Individual Variation

The individual result varies. Because people are unique genetically and have different eating patterns, elimination diets must be based on each unique individual. Eliminating the most offending food or multiple foods and substances all at one time is the most reliable way to find out which foods may be contributing to symptoms. A healthcare practitioner may recommend a specific plan to follow based on symptoms, typical dietary choices, and food cravings.



Foods



1. Dairy

3	Butter, Cow	3	Butter, Sheep	3	Cheese, Cottage	3	Cheese, Parmesan
2	Milk, Cow	2	Crème fraîche	2	Cheese, Roquefort	2	Cheese, Swiss
2	Cheese, Monterey Jack	1	Cheese, Halloumi	1	Cheese, Brie	1	Lactose
1	Buttermilk	1	Yogurt, Cow				



1. Dairy-Alt

2	Yogurt, Coconut	2	Milk, Hemp	1	Margarine, vegetable	1	Milk, Soya
---	-----------------	---	------------	---	----------------------	---	------------



1. Egg

3	Chicken (egg whole)	3	Chicken (egg white)
---	---------------------	---	---------------------



2. Meats

3	Pork (farm suidae)	3	Rabbit	2	Venison (wild game)	2	Venison (antelope)
2	Sausage (pork)	2	Moose (Alces alces)	2	Beef (cow)	2	Liver (Lamb)
2	Duck	2	Cervidae (deer)	2	Liver (Pork)	1	Mutton (mature sheep)
1	Liver (Cow)						



2. Seafood

3	Mahi Mahi (<i>Coryphaena hippurus</i>)	3	Swordfish	3	Salmon (Coho)	3	Lobster
3	Seabass	3	Anchovy	3	Cod Atlantic	2	Crab Dungeness
2	Perch	2	Plaice	2	Pollock (<i>pollachius</i>)	2	Prawns
2	Whitebait (<i>galaxias</i>)	2	Salmon (Hawaiian)	2	Scallop	1	Squid
1	Sole	1	Mackerel	1	Clams	1	Rainbow trout
1	Octopus						



3. Fruit

3	Kiwifruit (<i>Actinidia</i>)	3	Grapes (Red)	3	Goji berry (<i>Lycium barbarum</i>)	3	Fig (<i>Ficus carica</i>)
3	Tomato	3	Currants (black)	3	Banana (<i>Musaceae Musa</i>)	3	Lemon (<i>Citrus limon</i>)
3	Strawberry	2	Orange (<i>Citrus sinensis</i>)	2	Persimmon (<i>Diospyros virginiana</i>)	2	Persimmon (kaki)
2	Plum (<i>Prunus</i>)	2	Raspberry (USA)	2	Cherry, Sour (<i>Prunus cerasus</i>)	2	Eggplant (aubergine)
2	Cranberry (<i>Vaccinium macrocarpon</i>)	2	Prune	2	Avocado (<i>Persea</i>)	2	Apple (Granny Smith)
2	Gooseberry (<i>Ribes uva-crispa</i>)	2	Pomelo (<i>Citrus maxima</i>)	1	Pumpkin Squash	1	Lychee (<i>Litchi chinensis</i>)
1	Passionfruit	1	Organge Mandarine	1	Lime (<i>Citrus latifolia</i>)	1	Pomegranate



3. Vegetables

3	Head lettuce	3	Escarole lettuce	3	Chicory lettuce	3	Chestnut mushroom
3	Cassava	3	Maize/corn	3	Brussels sprout	3	Tomato (cooked)
3	Kale	3	Plantain	2	Olives-green	2	Olives-black
2	Aubergine	2	Chives	2	Mushroom	2	Parsley
1	Spinach	1	Cauliflower	1	Chard (beet greens)	1	Celery
1	Fennel	1	Capsicum-red	1	Butternut squash	3	



4. Condiments

3	Maple Syrup	3	Tomato Ketchup	3	Cumin	3	Cinnamon
3	Cilantro (Coriander)	3	Chamomile	3	Rosemary	3	Bay Leaf
2	Fish Sauce	2	Chlorella	2	Sage	1	Vinegar, Apple Cider
1	Wheatgrass	1	Thyme	1	Vanilla	1	Guar Gum
1	Caraway	1	Balsamic Vinegar	1	Pepper, Black		



4. Drinks

3	Tea-rooibos	3	Tea-green	3	Pineapple juice	3	Cider (apple)
3	Sake (fermented-rice)	3	Beer	3	Champagne	2	Beer-Lager
2	Pisco-brandy	2	Tea-black	2	Apple juice	1	Lemonade
1	Vodka						



4. Grains

3	Muesli Cereal	3	Wheat Cereal	3	Wheat Bread	3	Wheat (vulgaris)
3	Sweet corn (saccharata)	3	Sorghum	3	Porridge	3	Freekeh
3	Barley Gluten (hordeins)	3	Corn Amylum (starch)	3	Chickpea flour	3	Buckwheat (bitter)
3	Flour corn (amylacea)	2	Rice (long-grained)	2	Buckwheat	1	Garbanzo flour
1	Pearl millet	1	Corn	1	Rice (African)	1	Wheat Bran (hydrolysate)
1	Bread-white	1	Wheat Flour				



4. Seed-Nuts

3

Cottonseed

3

Cashew nut

3

Borage seed

2

Chestnut

2

Hazelnut

2

Poppy seed

2

Sea buckthorn

1

Flaxseed

1

Safflower seed

1

Walnut Black

1

Argan seed

5. Additives

3

Calamine Lotion

3

E 413
Tragacanth

3

E 516
Calciumsulphate

3

Glyceryl
monothioglycolat
e

2

E 230 Biphenyl

1

E 575 Glucono-
delta-lactone



Nutrition

6. Amino Acids

3

Cysteine (Amino Acid)

2

Ornithine (Amino Acid)

1

Grginine (Amino Acid)

1

Phenylalanine (Amino Acid)

0

Arginine (Amino Acid)

0

Asparagine (Amino Acid)

6. Nutrition

3

Vitamin K1 (Phylloquinone)

3

Vitamin B4 (Adenine)

2

Vitamin K2 (Menaquinone)

2

Vitamin B1 (Thiamine)

2

Linoleic acid (EFA)

2

vitamin B7 (Biotin)

1

Omega 9 (Fatty Acid)

1

Vitamin B12 (Cobalamin)

1

Vitamin B2 (Riboflavin)

1

Vitamin C (Ascorbic Acid)

1

Vitamin E (Alpha-Tocopherol)

1

Bioflavonoids (Rutin)

1

Vitamin A (Beta-carotene)

0

Vitamin B3 (Niacin)

0

Vitamin B5 (Pantothenic Acid)

0

Vitamin D3 (Cholecalciferol)



Heavy Metals

7. Heavy Metals

4

Aluminum

4

Beryllium

4

Tin

4

Copper

4

Gold

4

Silver

4

Scandium

4

Molybdenum

4

Platinum

3

Thallium

3

Rubidium

3

Zirconium

3

Mercury

3

Lithium

2

Uranium

2

Phosphorous

2

Palladium

1

Selenium

1

Lead

1

Cobalt

1

Chromium



Toxins

5. Environmental

3	Chrysanthemum (C.morifolium)	3	Downy birch (Betula verruco)	3	Fireweed/Great willow herb (Epilobium angustifolium)	3	Willow Tree
3	Kentucky bluegrass (Poa pratensis)	3	Maple Tree	3	Trespe (Bromus mollis)	2	Velvet
2	Rubber Tree	2	Ragweed (Ambrosia elator)	1	Red fescue (Festuca rubra)	1	Plantain Tree (Plantago major)
1	Pear tree	1	Narcissus (Narcissus spp.)	1	Lilac (Syringa vulgaris)	1	Jacaranda Tree

5. Epithelial

3	Dog Tick	3	Rat (Droppings)	3	Rat (Urine)	2	Sheeps wool
---	----------	---	-----------------	---	-------------	---	-------------



Burdens

Rate							
Candida glabrata [24]							
Bromine [21]							
Chlorine [9]							
Glyphosate [36]							
Formaldehyde [12]							
Saccharomyces cerevisiae [9]							
Giardia lamblia [33]							
Klebsiella pneumoniae [18]							
Helicobacter pylori [51]							
Fluorine [60]							
Candida krusei [42]							
Candida parapsilosis [66]							
Herpesvirus 1 [78]							
Herpesvirus 4 [81]							
Candida albicans [87]							
Nagalase (in serum) [84]							
Diamine oxidase (DAO) [90]							
Cryptosporidium [96]							



Thyroid

Rate							
Albumin [18]		●					
Parathyroid Hormone (PTH) [18]		●					
Reverse (T3) [60]			●				
T4-binding globulin [78]				●			
Thyroid peroxidase (TPO) [60]			●				
Thyroxine (T4) [60]			●				
Transthyretin [6]	●						
Triiodothyronine (T3) [3]	●						



Hormone

Rate							
(11 Beta)-Hydroxylase [36]			●				
(11)-Deoxycorticosterone [36]			●				
(11)-Deoxycortisol [57]			●				
(16 Alpha)-Hydroxysterone [60]			●				
(16 Alpha)-Hydroxylase [75]				●			
(17 Alpha)-Hydroxylase [96]							●
(17 Apha)-Hydroxypregnenolone [12]	●						
(17 Apha)-Hydroxyprogesterone [36]			●				
(17 Beta)-Hydroxysteroid dehydrogenase [57]			●				
(17/20)-Lysase [75]				●			
(18)-Hydroxydehydrogenase [84]					●		
(18)-Hydroxylase [21]		●					
(2)-Hydroxysterone [39]			●				
(21)-Hydrolase [39]			●				
(3 Beta)-Hydroxysteroid dehydrogenase Isomerase [63]			●				
(4)-Hydroxysterone [96]							●
(5 Alpha)-Reductase [66]				●			
(Delta 5)-Androstenediol [66]				●			
(Reduced)-Nicotinamide adenine dinucleotide phosphate (NADPH) [75]				●			
7-Keto-DHEA [54]			●				
Aldosterone [90]						●	
Androstenedione [24]		●					
Aromatase [24]		●					



Cholesterol [66]				●			
Cholesterol side-chain cleavage (CSCC) [96]							●
Chrysin [30]		●					
Corticosterone [3]	●						
Cortisol [42]			●				
Cortisone [72]				●			
DHEA [33]			●				
Dihydrotestosterone (DHT) [96]							●
Estradiol [21]		●					
Estriol [9]	●						
Estrogen [84]					●		
Estrone [66]				●			
Etiocholanolone [93]						●	
Indole-3-Carbinol [27]		●					
Nicotinamide adenine dinucleotide phosphate (NADP) [33]			●				
Pregnenolone [27]		●					
Progesterone [60]			●				
Testosterone [69]				●			
	●	●	●	●	●	●	●



DISCLAIMER

These services are designed for educational purposes only and are not intended to serve as medical advice. The information provided on this site and in reports should not be used for diagnosing or treating any health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem or need medical attention, you should consult your healthcare provider. RemedyTesting is not responsible for the interpretation of results by any outside affiliates, practitioners or health coaches using this test. If you have any follow-up questions please consult the healthcare provider that provided you with your results.