

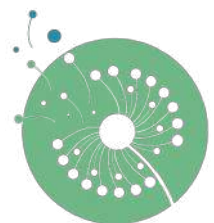
Energetic Fit & Healthy Test

WHAT WE TEST

The Energetic Fit & Healthy Test examines your body's frequency resonance with over 500 items, including:

- muscles and bones vulnerabilities,
- exercise types, biological age, body pH,
- metabolic profiles, toxin burden,
- nutrient imbalances, diet types.

On this list you will find all items or areas for which your sample is tested.



testintolerance

TOXIN BURDEN

Bacterial
Chemical
Emotional
Food related
Fungal
Geopathic
Mycoplasma
Mycotoxin
Parasitic
Heavy Metal
Viral
Vaccination related

TOXIN DISTURBANCE

Ascaridin
Bacterial
Biofilm
Botulinum
Candida
Carcinosi
Chemical
Chlamydia
Circulations
Dental
EB Viral
Emotional
Food allergies
Free radicals
Fungal
Geopathic/radiation
Heavy metals
Herpes viral
Inhaled allergies
Lyme bacteria
Lymphatic drainage
Nicotine
Parasites
Staphylococci
Streptococci
Stress
Sycosis miasm
Syphilinum
Tetanus
Tuberculosis
Vaccination
Viral

PAIN FACTORS

Calcification
Deterioration
Excessive use
Ligament
Misalignment
Muscle

MUSCLE IMBALANCES

Abdominal
Abductor
Adductor
Articular
Auricular
Back
Biceps
Bulbospongiosus
Cardiac
Chest
Coccyx
Cutaneous
Deltoid
Epimysium
Extensor
Facial
Fasciculus
Fiber
Flexors
Gluteus
Hamstring
Hands
Iliocostalis
Intercostal
Levatores
Myofibril
Neck
Orbitalis
Perimysium
Pharynx
Quads
Sarcolemma
Sarcomere
Skeletal
Smooth
Solar Complex
Sternocleidomastoid
Triceps
Urethra

BONE IMBALANCES

arms, wrists, hands
Capitate bones
Carpal groove
Distal phalanges
- thumbs
- first fingers
- middle fingers
- ring fingers
- little fingers
Hamates
Humerus
Intermediate phalanges
- first fingers
- middle fingers
- ring fingers

- little fingers
Lunate bones
Metacarpal bones
- thumbs
- middle fingers
- ring fingers
- little fingers
- first fingers
Proximal phalange bones
- thumbs
- first fingers
- middle fingers
- ring fingers
- little fingers
Radius bones
Scaphoid bones
Trapezium bones
Trapezoid bones
Triquetral bones
Ulna bones

cranial
Ethmoidal bone
Ethmoidal notch
Foramen magnum
Frontal bone
Frontal sinus
Nasal part
Occipital bone
Orbital part
Parietal bones
Sphenoid bone
Squamous part
Temporal bones

facial
Alveolar bone (mandible)
Alveolar bone (maxilla)
Hyoid bone
Inferior nasals
Mandible bone
Maxilla bones
Medial Nasal concha
Nasal bones
Palatine bones
Superior nasal concha
Tympanic cavities
Vomer
Zygomatic bones

legs, feet
Heel bones
Cuboid bones
Distal phalanges
- big toes
- second toes
- middle toes
- fourth toes
- little toes
Thigh bones

Fibula bones
Intermediate cuneiform Bones
Intermediate phalanges
- second toes
- middle toes
- fourth toes
- little toes
Lateral cuneiform bones
Medial cuneiform bones
Metatarsal bones
- big toes
- second toes
- middle toes
- fourth toes
- little toes
Navicular bones
Knee caps
Proximal phalanges
- big toes
- second toes
- middle toes
- fourth toes
- little toes
Talus bones
Tarsal bones
Tibia bones

pelvis
Ilium bones
Ischium bones
Hips or coxals
Pubis bones

shoulders
Clavicle bones
Scapula bones

thoracic
Rib 1
Rib 2
Rib 3
Rib 4
Rib 5
Rib 6
Rib 7
Rib 8
Rib 9
Rib 10
Rib 11
Rib 12

throat & thorax
Sternum
Hyoid
Manubrium
Body of sternum
Xiphoid

CELLS

Connective tissue
Epithelial tissue
Leukocytes
Lymphocytes
Melanocytes

VERTEBRAE

Cervical 1-7
Lumbar 1-5
Thoracic 1-12

NON-VERTEBRAL

Ankles
Coccyx
Dental Malocclusion
Elbows
Fingers
Forefoot
Hips
Intra-nasal sutures
Knees
Lower skull sutures
Occipital bone
Sacro-iliac joints
Sacrum F1-F5
Shoulders
Symphysis Pubis
Temporo-mandibular
Joint
Toes
Upper skull sutures
Wrists

EXERCISE TYPES

Aerobic

- aerobics
- biking
- cross training
- jogging
- mini trampoline
- rowing
- skating/rollerblading
- stair climbing
- swimming
- walking

Anaerobic

- interval training
- isometrics
- pilates
- sprints
- weight lifting

Stretching

- balance exercises
- stretching
- tai chi
- yoga

GENERAL SUPPORT

Adrenal
Bladder
Bones
CNS/Brain
Endocrine
Gallbladder
Heart
Skin
Kidneys
Large intestines
Liver
Lung
Lymphatic system
Muscles
Reproductive system
Small intestine
Spleen
Stomach
Stress relief

NUTRITIONAL SUPPORT

Herbal
Homeopathic
Nutrition

TRACE MINERALS

Bismuth
Boron
Cobalt
Copper
Copper/gold/silver
Iodine
Lithium
Magnesium
Manganese
Manganese/cobalt
Manganese/copper
Manganese
/copper/cobalt
Molybdenum
Phosphorus
Potassium
Selenium
Sulfur
Zinc
Zinc/copper
Zinc/nickel/cobalt

BIOLOGICAL AGE

BODY pH

Blood
Urine
Saliva

METABOLIC PATHWAYS

Alcohol metabolism
Anabolism balance
Carbohydrate &
sugar metabolism
Catabolism balance
Cell cycle & mitosis
Drug metabolism
Lipid & fatty acid
metabolism
Metabolic pathways
balance
Neurotransmitter
metabolism
Nucleotide &
nucleoside
metabolism
Peptide hormone
metabolism
Protein & amino acid
metabolism
Steroid metabolism
Vitamin & coenzyme
metabolism

METABOLIC PROFILES

Nutrient deficiencies
Toxicants & detox
Mitochondrial
inefficiency
Antioxidant
inefficiency
B-Vitamin deficiency
Glutathione demand
B-Vits, CoQ10,
Ammonia
Neurotransmitters
& peptides
Hormones

SUPPLEMENTATION

Amino acids
Antioxidants
Fatty acids
Probiotics
Trace minerals
Vitamins

NUTRITIONAL SUPPORT

Herbal
Homeopathic
Nutrition
Body Cleanse

NUTRITIONAL ASSESSMENT

Amino acids

- adenosine
- alanine
- arginine
- aspartic acid
- carnitine
- creatine
- cysteine/l-cysteine
- DNA & RNA
- GABA
- glutamic acid
- glutamine
- glycine
- histidine
- inosine
- isoleucine
- L-carnitine
- L-theanine
- leucine
- lysine/l-lysine
- methionine
- ornithine
- phenylalanine
- proline
- serine
- taurine
- threonine
- tryptophan
- tyrosine
- valine

Enzyme signatures

- amylase
- cellulase
- hydrochloric acid
- invertase
- lactase
- lipase
- maltase
- protease

Fatty acid signatures

- blackcurrant seed oil
- borage seed oil
- docosahexaenoic acid
- eicosapentaenoic acid
- evening primrose oil
- flax seed oil
- gamma linolenic acid
- omega 3
- omega 6

Mineral signatures

- boron
- calcium
- calcium orotate
- chromium
- cobalt
- copper
- flourine
- germanium

- iodine
- iron
- magnesium
- magnesium orotate
- manganese
- molybdenum
- phosphorus
- potassium
- selenium
- silicon
- sodium
- sulphur
- zinc
- bismuth
- lithium
- manganese/cobalt
- manganese/copper
- manganese/copper /cobalt
- zinc/copper
- zinc/nickel/cobalt

Supplements

- acidophilus
- alpha-lipoic acid
- antioxidants /bioflavinoids
- bee pollen
- chlorella
- choline
- coenzyme Q10
- DHEA
- dietary fibre
- DMAE
- spirulina
- trimethylglycine

Vitamins

- biotin (Vit H)
- choline
- cyanocobalamin (B12)
- folic acid (B9)
- inositol
- menadiol (K)
- menadione (K3)
- menatetrenone (K2)
- methylcobalamin (B12)
- niacin (B3)
- niacinamide
- pantothenic acid (B5)
- pyridoxine (B6)
- riboflavin (B2)
- thiamine (B1)
- beta-carotene (A)
- ascorbic acid (C)
- Vitamin D
- tocotrienols (E)

SYSTEM/FUNCTION AFFECTED (by feelings)

Blood
Circulation
Digestion
Endocrine
Heart
Integumentary
Lymphatic
Muscular
Nervous
Reproductive
Respiratory
Senses
Skeletal
Urinary

ALTERNATIVE THERAPIES

Acupuncture
Bach remedies
Biomat therapy
Chiropractic
Cranial therapy
Deep breathing techniques
Emotional therapy
Essential oils
Exercise regimen
FIR sauna
Footbath detox
Hyperbarics
Massage therapy
Meditation
Ozone therapy
PEMF
Photonic mat
Reflexology
Rife frequency
Sauna

CHAKRAS

Blood
Circulation
Digestion
Endocrine
Heart
Integumentary
Lymphatic
Muscular
Nervous
Reproductive
Respiratory
Senses
Skeletal
Urinary

BACH REMEDIES

Agrimony
Aspen
Beech
Centaury
Cerato
Cherry plum
Chestnut bud
Chicory
Clematis
Crab apple
Elm
Gentian
Gorse
Heather
Holly
Honeysuckle
Hornbeam
Impatiens
Larch
Mimulus
Mustard
Oak
Olive
Pine
Red chestnut
Rock rose
Rock water
Scleranthus
Star of Bethlehem
Sweet chestnut
Vervain
Vine
Walnut
Water violet
White chestnut
Wild oat
Wild rose
Willow

ESSENTIAL OILS

Basil
Bergamot
Cedarwood
Chamomile
Cinnamon
Clary sage
Clove
Coriander
Cyprus
Eucalyptus
Frankincense
Geranium
Ginger
Grapefruit
Jasmine
Juniper

Lavender
Lemongrass
Marjoram
Melissa
Myrrh
Myrtle
Neroli
Orange
Palmarosa
Patchouli
Peppermint
Petitgrain
Pine
Rose
Rosemary
Sandalwood
Tangerine
Tea tree
Vetiver
Ylang Ylang

GASTROINTESTINAL SENSITIVITIES

Anabolism balance
Carbohydrate & sugar metabolism
Catabolism balance
Cell cycle & mitosis
Drug metabolism
Lipid & fatty acid metabolism
Metabolic pathways
Miscellaneous
Mitochondria
Neurotransmitter
Nucleotide & nucleoside
Peptide hormone
Protein & amino acid
Steroid metabolism
Vitamin & coenzyme

EMOTIONAL BURDEN/FEELINGS

(indicative list; the
total items tested
count 1,363)

Fears
Judgment issues
Desires
Family related
Frustration
Responsibility
Unresolved feelings
Pressure
Flexibility issues
Rejection
Disappointment
Expression of feelings
Self-determination
Anxiety
Confusion
Instability
Compromisation
Love related
Impatience
Self-expression
Anger
Loneliness
Sex-related
Tension
Insecurity
Guilt
Self-esteem related
Control
Bitterness
Money related
Apathy
Separation

ORGANS VITAL FORCE

Adrenal Glands
Appendix
Arteries/Veins
Bladder
Central Nervous
System
Colon
Connective Tissue
Eustachian Tube
Eyes
Frontal Sinus
Gallbladder
Heart
Hypothalamus Gland
Joints
Kidneys
Large Intestine
Liver
Lungs
Lymphatic System
Maxillary Sinus
Pancreas
Parathyroid Gland
Peripheral Nervous
System
Pineal Gland
Pituitary Gland
Reproductive Organs
Skin
Small Intestine
Sphenoid & Ethmoid
Sinus
Spleen
Stomach
Teeth
Thalamus
Thymus Gland
Thyroid Gland
Urinary Tract

DIET TYPES

Diet types tested for; the test result indicates one (1) diet type that appears to be the optimal type at the time of the test.

Paleo Diet

A paleo diet is a dietary plan based on foods similar to what might have been eaten during the paleolithic era, which dates from approximately 2.5 million to 10,000 years ago. It typically includes lean meats, fish, fruits, vegetables, nuts and seeds -- foods that in the past could be obtained by hunting and gathering. It limits foods that became common when farming emerged, such as dairy products, legumes, and grains, refined sugar, salt, potatoes, and highly processed foods in general. Other names for the paleo diet include paleolithic diet, stone age diet, hunter-gatherer diet and caveman diet.

Ketogenic Diet

The standard ketogenic diet is a very low-carb, moderate-protein, high-fat diet. It typically contains 75% fat, 20% protein, and 5% carbohydrates. Replacing carbs with fat puts your body into a metabolic state called ketosis. When this happens, your body becomes more efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy to the brain. Examples of foods to eat: meat, fish and seafood, butter, olive oil, eggs, cheese and high fat dairy, nuts and seeds, moderate amount of berries, avocados, vegetables that grow above ground, such as broccoli, asparagus, eggplant, cauliflower, leafy greens of all kinds. Some foods to avoid: Pasta, rice, bread, potatoes, soda, beer, candy, refined/processed foods, sugars.

Vegetarian Diet

There are various types of vegetarian diets. All exclude meat, but some include fish, eggs, honey, and/or dairy products. The diet includes: Whole grains, such as bread, pasta, rice, wheat, oats, and barley; meatless proteins, such as beans, legumes, nuts, and soy; fruits and vegetables; healthy fats.



Anti-Inflammatory Diet

Eat a variety of vegetables, for example: asparagus, bean sprouts, broccoli, cabbage, mustard greens, parsley, radish, spinach, cauliflower, celery, cucumber, watercress, beets, bok choy, brussels sprouts, egg plant, kale, leeks, onions, red pepper, pumpkin, zucchini, squash, carrots, etc. If you don't tolerate them well, you can avoid vegetables in the nightshade family (egg plant, peppers, tomatoes, potatoes). Grains to eat: amaranth, barley, buckwheat, millet, quinoa, basmati or brown rice, teff. Grains to avoid: wheat, spelt, rye, oats, kamut, and other gluten-containing grains. Soak your grains overnight to break down "anti-nutrients" and encourage better digestion and absorption. Eat a variety of legumes, including split peas, lentils, kidney beans, pinto beans, mung beans, garbanzo beans, fermented soy (tempeh or miso). Soak dry beans for 24-72 hours and cook slowly to improve digestion and minimize gas. Eat a variety of fish, including salmon, halibut, haddock, pollock, sardines, sole, flounder. Avoid shellfish (shrimp, lobster, crab, clam, oyster). Eat organic, free-range chicken, turkey, beef, buffalo, lamb, or wild game. Eat one or two pieces of almost any fruit (except citrus). Baked fruit is preferable. Grind flax, pumpkin, sesame, or sunflower seeds and add to steamed vegetables, or cooked grains. Nuts can also be eaten as snack or on salad. Soaking and/or sprouting them help with digestion. Avoid peanuts and peanut butter. Organic butter, organic extra virgin cold pressed olive oil, and extra virgin coconut oil are all okay. Include a variety of spices of your choice. Occasional sweeteners with meals are okay, including: organic maple syrup, rice syrup, barley syrup, agave nectar, organic molasses, raw honey or stevia. Avoid all sugar, corn syrup, and artificial sweeteners, coffee, black tea, fruit juices, sodas, energy drinks, fried foods, dried fruit, processed foods, commercial eggs (organic are okay), caffeinated teas, animal milks and cheeses, and soy (unless it is fermented).

Blood Type A Diet

The Type A flourishes on a more vegetarian diet, eating foods that are pure, fresh, and organic, in as natural a state as possible, and limiting sugar, caffeine and alcohol. Eat smaller, more frequent meals to stabilise blood sugar levels. Type A has a lower level of hydrochloric acid in the stomach and high intestinal disaccharide digestive enzyme levels, which permit them to more efficiently digest carbohydrates. These factors also make it more difficult for them to digest and metabolise animal protein and fat. The Type A genetic disposition favours a structured, rhythmic, harmonious life. The Type A has heightened cortisol levels (stress hormone), so it is important to engage in regular, calming exercises, such as meditation, yoga, tai chi, and deep breathing. The Type A would benefit from cultivating creativity and expression; establishing a consistent daily schedule; getting at least 8 hours of sleep; not skipping meals; eating smaller, more frequent meals; chewing food thoroughly; taking breaks during each work day to walk, stretch, or breathe.

Blood Type AB Diet

Type AB shares the benefits and challenges of both Type A and Type B blood types, and can resemble either or both depending on the circumstances. Type AB should avoid caffeine and alcohol, especially when stressed. The Type AB diet focuses on foods such as tofu, seafood, dairy and green vegetables; avoids smoked and cured meats. Some dairy is beneficial, such as yogurt and kefir. It is recommended Type AB eat smaller, more frequent meals, and avoid eating starches and proteins in the same meal. The Type AB tends to internalise emotions, so engaging in a combination of calming exercises and intense exercises can be of benefit both physically and emotionally. Type AB would benefit from avoiding highly competitive situations, avoiding ritualistic thinking or fixating on things out of their control, making lifestyle changes gradually, practicing visualization techniques, engaging in meaningful community or neighborhood groups, participating in aerobic exercises at least twice a week, balanced by daily stretching, meditation, or yoga.

Blood Type B Diet

The Type B is adaptable and seeks for balance. The Type B diet avoids corn, wheat, buckwheat, lentils, tomatoes, peanuts, sesame seeds, and chicken. Type B thrives on green vegetables, eggs, low fat dairy, and beneficial meats such as goat, lamb, mutton, rabbit, and venison. Similar to Type A, the Type B produces higher levels of cortisol (stress hormone). To manage stress and maintain the balance that a Type B thrives on, physical exercise that challenges the mind as well as the body would be beneficial. Type B would benefit from visualization, going to bed before 11pm and sleeping at least 8 hours, being spontaneous, engaging in community or neighborhood groups, and staying mentally sharp by doing things that require concentration, like crossword puzzles or learning a new skill.

Blood Type O Diet

The Type O diet focuses on lean, organic meats, vegetables and fruits, and avoids wheat, dairy, caffeine and alcohol. The strengths of Type O include enhanced ability to metabolise the cholesterol in animal products, as well as heal their digestive tract and assimilate calcium. Weaknesses include the tendency to convert simple carbs into fats and triglycerides, leading to unwanted inflammation and auto-immunity. Type O benefits from brisk regular exercise that taxes the cardiovascular and muscular skeletal system (30 - 45 minutes, 4+ times per week). In addition to the physical benefits, the Type O who exercises regularly has a better emotional response. A Type O would benefit from eating all meals, snacks, etc. at a table, chewing slowly, and putting fork down between bites; avoiding making important decisions or spending money when stressed; and developing clear plans for goals and tasks to avoid impulsivity.

Pythagorean Diet - Black Bile

Individuals in this category are recommended to avoid dry and stale food and the overconsumption of beans, walnuts, peanuts and tonifying foods, tomatoes, eggplants and saturated fats, coffee, tea, drinks with artificial sweeteners. It is advised to follow medium intensity exercise for a short term (e.g. 15 minutes walking after dinner). Individuals of this category may be prone to anorexia, bad appetite, constipation, intestinal problems, weakness and dehydration, arthritis, neuromuscular imbalances, stress. They should avoid: excess consumption of heavy foods (e.g.: beef), dry foods (e.g.: lentils), excess consumption of astringents (apples, quinces), consumption of food late at night. They should consume light and nourishing foods (light meat, soft cheese, shells, eggs, lamb, olive oil, roots, dried fruits). Detoxifying foods (asparagus, fennel, celery). It is advised to follow light-intensity exercise for long term and hobbies related to earth.

Useful herbs: light thermal and detoxifying (fennel, coriander, parsley). Herbs for detoxifying the liver (barberry root, radish root and leaves).

In terms of personality traits, this category is usually prone to stress, reserved, realistic, introverted, avoids sociable life and can be temperamental, perfectionist. They exhibit creativity, discretion, independence.

Hippocratic recognition pattern: rectangular face or head with little round eyes and dented cavities in the cheeks. Low body fat percentage. Their skeletal system, joints and veins are prominent. The hairy part of the head is dark, straight and dense and they usually lack hair in the rest of the body. Their appetite is changing and may have difficulty sleeping. They are analytic, oriented to details with strong memory, efficient and reliable. They are affected by dry atmosphere.

Pythagorean Diet - Blood

Individuals in this category should consume cool water and avoid the overconsumption of sugar, fatty foods and meat. It is advised to follow aerobic exercise for 15-20 minutes and anaerobic with light weights. They may be prone to uraemia, arthritis, diabetes, hypercholesterolaemia, reduced peristaltic intestinal movement, runny nose, asthma, urogenital dysfunction and capillary blockages. They may consume beer and apple juice, water and barley soups, vinegar, pickles, free-range meat, fish, salads, summer fruits.

It is advised to follow regular exercise and team sports. It is advised to cultivate esteem and love towards another person and be occupied with writing or singing so as to express the air element they have. Useful herbs: relaxing (chamomile, linden, oat). Valerian and Scutellaria or passion flower leaves are used to alleviate stress. Herbs for protection and balancing the blood circulation (hawthorn and bilberry). They should avoid overindulgence in food, alcohol, sex and in general achieving simultaneously multiple goals. They should avoid wet and thermal foods (honey, wine, red meat) and concentrated foods (dried fruits, sugar, garlic, onions). They have good digestion and they do not have to worry for the food items they will consume, but for the quantities and the overconsumption. It is advised to avoid eating between meals.

In terms of personality traits, these individuals are usually spontaneous, social, vivid, extroverted, sensible, stable, compassionate and romantic. They exhibit leadership, and may find it difficult to keep up with deadlines. They are negatively affected by excess activity and would benefit from better anger management.

Hippocratic recognition pattern: oval head and face shape, medium sized skeletal system with higher ratio of muscle to fat. The joints are well shaped and prominent. They have thick and dense hair. They have a good appetite, well-balanced and calm sleep.

Pythagorean Diet - Phlegm

Individuals of this category should avoid milk and dairy products, cheese and modified sugars-starch (such as wheat and its derivatives from flour), cold foods and drinks and creamy sources. They can easily digest meat and hot spicy foods. It is advised to follow intense and long-hour training. They may be prone to phlegm congestion, water retention, edema, slow metabolism, obesity, weak blood circulation, depression. They should avoid excess sleep and inertness, overeating, fish (unless they are consumed along with herbs with thermal effects), dairy, ice cream, sweet and salty foods, raw food items, salads (unless with spicy sauces or with garlic), pears, summer fruits. They should consume foods with thermal effects: onions, garlic, cooked food, dry food (round artichokes, cabbage), wine, roots. They could opt to fast along with the seasonal changes. It is advised to use light spices in their food. Useful herbs: light spices (cinnamon, cardamom, coriander, fennel, dry ginger), light astringents (agrimony, sambucus). Thermal and dry herbs (thyme, artemisia, rosemary). Nettle is very beneficial.

In terms of personality traits, these individuals are usually reliable, calm, skeptical, peaceful, quiet, introverted, stable, admmissive or shy, affectionate, punctual, sensible, observative and are proven good administrators.

Hippocratic recognition patterns: round face with chubby cheeks, big wet eyes, medium to large face shape. Higher ratio of fat to muscle mass and soft skin. The skeletal system and the veins are not apparently prominent. They are calm people with great emotional intelligence, sensitive. They should avoid air-conditioned environments and wet-humid habitats.

Pythagorean Diet - Yellow Bile

Individuals in this category have good digestion and intense appetite. They may have disturbed sleep with anxiety and may tend to wake up early or during the night. They would benefit from remaining in cool and well-aired environments. They are negatively influenced by sun exposure and temperature rises. They should avoid salt and salty foods, fats, fried foods, vinegar, sour foods and all the food items that are produced with yeast, very spicy foods, chilli, excess consumption of beef and red meat. They also should avoid stimulating drinks, alcoholic beverages, excess consumption of wine and over-exercising. It would be preferable to consume milk, dairy products and cold drinks. It is advised to follow an exercise scheme early in the morning or late in the evening. These people may be prone to fever, infections, rushes, urticaria, over-acidification, headaches, migraines, stressed-vision, hypertension, general stress and cardiovascular problems. They should consume fish, free-range meat, apple beer and juice, barley soups, summer fruits (such as raspberries) and enough water.

It is advised to follow an exercise scheme early in the morning or late in the evening. These people may be prone to fever, infections, rushes, urticaria, over-acidification, headaches, migraines, stressed-vision, hypertension, general stress and cardiovascular problems. They should consume fish, free-range meat, apple beer and juice, barley soups, summer fruits (such as raspberries) and enough water. It is advised to follow regular exercise and steam baths. They often need detoxification (perhaps would opt for fasting for short periods or consumption of light meals for a few days). It is beneficial to be occupied with something and cultivate respect and self-discipline.

In terms of personality traits, these individuals may be over-sensitive, hyperactive, competitive, temperamental, impulsive, easily changeable, active, optimist, extroverted. These people are confident and passionate and they try to infuse this energy to others. They enjoy having control. They may tend to be either unorganised or too organised. They do not quite enjoy intermediate breaks.

Hippocratic pattern: abrupt characteristics with angles, wide jaw and medium to thin body structure. Reddish face tint with bright and piercing look and prominent blood vessels. Light-coloured hair, often with curls.

Gluten-free

Gluten is a protein found in some grains and is one of the toughest for humans to digest. Gluten causes inflammation in the small intestines of people with celiac disease. Symptoms of celiac disease or gluten intolerance may include gas, bloating, diarrhea, unintentional weight loss, depression, infertility, skin rash (dermatitis herpetiformis). Foods to avoid on a gluten-free diet: barley, beer, bran, bulgur, couscous, durum, farina, farro, graham, kamut, malt, malt vinegar, matzo meal, orzo, panko, rye, seitan, semolina, spelt, triticale, udon, wheat, wheat germ, wheat starch. Use caution with oats -- in their natural form they are gluten free, but are often cross-contaminated with gluten-containing products during processing. Other foods to avoid, unless labeled "gluten-free": breads, cakes, candies, cereals, cookies, crackers, croutons, french fries, gravies, imitation meat or seafood, pasta, processed lunch meats, salad dressings, soy sauce, seasoned rice mixes, chips, soups and soup bases, vegetables in sauce. Foods to eat: Beans, seeds, nuts, fresh eggs, fresh meats, fish, poultry (not breaded, or marinated), fruits, vegetables, most dairy products, amaranth, arrowroot, buckwheat, corn and cornmeal, flax, gluten-free flours (rice, soy, corn, potato, bean), hominy, millet, quinoa, rice, sorghum, soy, tapioca, teff.

The Energetic Food Intolerance Test does not substitute a clinical/laboratory test, does not constitute a medical diagnosis nor a diet/nutritional plan. The items listed here are examined in terms of energy wavelengths, with the use of frequency technology. For more information about bioenergetic technology, visit Testintolerance.com. This list is not exhaustive but indicative and subject to change.