

Energetic Food Intolerance Test

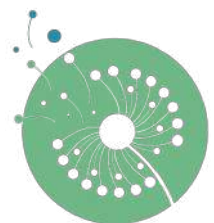
WHAT WE TEST

The Energetic Food Intolerance Test examines your body's frequency resonance with:

- more than **500** food items and ingredients,
- common sensitivities
- necessary nutrients.

It also checks for compatibility with **12** different types of diet.

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



testintolerance

GRAINS

Alfalfa
Barley
Bran - Oat
Buckwheat sprouts
Bulgur
Corn
Flaxseed (brown)
Flaxseed (golden)
Flour (processed)
Flour (soy)
Flour (wheat)
Flour (wheat, whole)
Flour (soft)
Flour (self-raising)
Flour - "0"
Flour - Amaranth
Flour - Almond
Flour - Buckwheat
Flour - Carob
Flour - Chickpea
Flour - Coconut
Flour - Corn
Flour - Chestnut
Flour - Dinkel
Flour - Dinkel "1050"
Flour - Durum
Flour - Flaxseed
Flour - Kamut
Flour - Millet
Flour - Oat
Flour - Quinoa
Flour - Rice
Flour - Rye
Gluten
Hemp
Malt
Millet
Oats
Oat sprouts
Quinoa
Quinoa (red)
Quinoa (white)
Quinoa (black)
Rice
Rice (wild)
Rice (brown)
Rice - Arborio
Rice - Calasparra
Rice - Carnaroli
Rice - Thai
Rice - Glutinous
Rice - Jasmine
Rice - Basmati
Rice - Nugget
Rye
Spelt
Sunflower sprouts
Tapioca

Tarhana
Tarhana (dairy free)
Teff
Wheat (Bran)
Wheat (Germ)
Wheat (whole)

SPICES

Allspice
Anise
Basil
Bay Leaves
Caper
Cardamom
Celery Salt
Chives
Cinnamon
Cloves
Coriander
Cumin
Curry
Dill
Garlic
Ginger
Marjoram
Mahleb
Mastic
Mint
Mustard
Nutmeg
Oregano
Paprika
Parsley
Pepper - Black
Pepper - Red
Pepper - White
Pepper
Pimento
Poppy seed
Rosemary
Saffran
Sage
Salt - Iodized
Salt - Raw
Salt - Himalayan/Pink
Savory
Thyme
Turmeric

ADDITIVES

Food Colours
MSG
Preservatives (mix)
Sodium Nitrate
Sodium Sulfate

MEAT/POULTRY

Bacon
Beef
Chicken
Duck
Goat
Goose
Ham - Pork
Ham - Turkey
Liver (beef)
Liver (rabbit)
Lamb
Ostrich
Pheasant
Pork
Rabbit
Rooster
Snail
Quail
Turkey
Veal
Venison (deer)

FRUITS

Apple
Apricot
Banana
Blackberry
Blueberry
Boysenberry
Cherry
Coconut
Cranberry
Currant
Date
Fig
Grapefruit
Grapes - Green
Grapes - Red
Guava
Honeydew
Kiwi
Lemon
Lime
Loquat
Mango
Nectarine
Orange
Papaya
Peach
Pear
Persimmon
Pineapple
Plum
Pomegranate
Prune
Quince
Raisin

Raspberry
Strawberry
Tangerine
Watermelon

DAIRY/MILK

Ayran - Buffalo milk
Butter - Cow milk
Cheese - American
Cheese - Anari
Cheese - Cheddar
Cheese - Cottage
Cheese - Cream
Cheese - Edam
Cheese - Feta
Cheese - Gouda
Cheese - Graviera
Cheese - Halloumi
Cheese - Milner type
Cheese - Mozzarella
Cheese - Parmesan
Cheese - Ricotta
Cheese - Swiss
Egg - White
Egg - Whole
Egg - Yolk
Ice Cream
Kefir - Cow milk
Kefir - Goat milk
Margarine
Milk cream
Milk - Almond
Milk - Almond (& Calcium)
Milk - Almond
w/ sweeteners
Milk - Coconut
Milk - Cow
Milk - CBD
Milk - Goat
Milk - Hazelnut
Milk - Kamut
Milk - Millet
Milk - Oat (& Calcium)
Milk - Rice
Milk - Rice Almond
Milk - Rice Chia
Milk - Rice Vanilla
Milk - Rice Coconut
Milk - Rice Quinoa
Milk - Rice Hazelnut
Milk - Sheep
Milk - Soy
Milk - Soy (& Calcium)
Milk - Soy Vanilla
Quark
Whey
Yogurt - Cow milk
Yogurt - Buffalo milk
Yogurt - Goat milk
Yogurt - Sheep milk

COMMON ALLERGENS

Corn
Dairy
Eggs
Gluten
High fructose
corn syrup
Milk
Peanuts
Soy
Sugar
Wheat

VEGETABLES

Alfalfa Sprouts
Amaranth sprout
Artichoke
Asparagus
Avocado
Beet
Beet Pulp
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Corn
Cucumber
Endives (curly)
Egg Plant
Fennel
Garlic
Ginger (fresh)
Ground-ivy
Kale/Chard
Leek
Leek (wild)
Lettuce - Iceberg
Lettuce - Prickly
Lettuce - Red Leaf
Lettuce - Romaine
Lupinus
Mushroom
Mustard Greens
Nettle
Okra
Olive
Onion
Parsnip
Pea
Peppers - Green

Peppers - Red
Peppers - Yellow
Peppers - Chilli
Pickle
Poppy
Potato
Potato (sweet)
Potato (purple)
Pumpkin
Radish
Rocket
Spinach
Spurge
Squash
String Bean
Tomato
Tomato - Baby plum
Turmeric (fresh)
Turnip
Vine Leaf
Yam
Wavyleaf mullein
Zucchini

OILS

Argan oil
Avocado oil
Coconut butter
Coconut cream
Coconut oil
Canola oil
Chia seed oil
Corn oil
Cottonseed
Flaxseed oil
Grape seed oil
Hemp oil
Hydrogenated oils
Olive oil
Olive oil - Green
Olive oil - black truffle
Olive oil - white truffle
Pumpkin seed oil
Salmon oil
Sesame oil
Soy oil
Safflower oil
Sunflower oil
Sweet almond oil
Vegetable oil
Wheat germ oil

NUTS & SEEDS

Almond
Brazil Nut
Cashew

Chestnut
Coconut
Dill Seed
Macadamia Nut
Peanut
Pecan
Pine Nut
Pistachio
Sesame Seed
Sunflower Seed
Walnut

FISH & CRUSTACEANS

Anchovy
Anchovy - European
Bass
Bogue
Bream
Catfish
Clam
Cod
Crab
Cuttlefish
Flat fish
Gilthead bream
Haddock
Halibut
Lampuki
Lobster
Mackerel
Mussels
Oyster
Pangasius
Parrotfish
Red Fish
Red Mullet
Rowlock
Salmon
Sand Smelt
Sardine
Scallop
Scorpion fish
Seabream
Shrimp
Sole
Steenbras
Surmullet
Swordfish
Trout
Tuna
Twait shad

PHENOLIC SIGNATURES

Acetaldehyde
Apiol

Butylated
Hydroxytoluene
Caffeic Acid
Candida Albicans
Chlorogenic Acid
Cinnamic Acid
Coniferyl Alcohol
Coumarin
Gallic Acid
Histamine
Indole
Malvin
Mannan
Menadione
Norepinephrine
Octopamine
Phenylalanine
Phenylisothiocyanate
Phloridzen
Piperine
Pyrrole
Salsolinol

BEVERAGES

Beer
Campari
Cistus
Cognac
Gin
Grappa
Caffeinated Drinks
Carbonated Drinks
Cocoa/Chocolate
Coffee
Coffee - Barley made
Coffee - Cappuccino
Coffee - Decaf
Coffee - Espresso
Coffee - Nescafé
Coffee - Mushroom made
Coffee - Turkish type
Herbal Tea
Liqueur
Rum
Rum - Black
Rum - White
Tea
Tea - Chinese Green
Tequila
Whiskey
Wine
Wine - Red
Wine - White
Wine - Rosé
Vodka

SUGARS & SWEETENERS

Agave syrup
Aspartame
Carob honey
Corn syrup
Demerara
Fig syrup
Fructose
Honey
Maltitol
Maple syrup
Molasses
Pekmez
Rice syrup

Saccharin
Sorbitol
Splenda
Stevia
Sugar - White
Sugar - Apple
Sugar - Brown
Sugar - Cane
Sugar - Coconut
Sugar - Golden
raw
Sugar - Rapadura
Sucralose
Xylitol (birch)

COOKING INGREDIENTS

Ammonia
Baking Powder
Baking Soda
Corn Starch
Gelatin
Ketchup
Mayonnaise
Sourdough
Soy Lecithin
Soy Sauce
Tofu
Vinegar
Yeast

LEGUMES

Adzuki Bean
Black Bean
Black-eyed Pea
Chickpea
Kidney Bean
Lentil
Lima Bean
Mung Bean
Navy Bean
Pinto Bean
Soy Bean

PHENOLS

Phenols are natural chemical compounds contained in food items and environmental substances (such as plants, herbs etc.), as well as industrial products. They may have a positive or negative impact on human health, depending on various factors (amount, source, individual constitution etc.).

Acetaldehyde

Indications: Petrochemical sensitivity, perfumes, flavors, dyes, plastics, synthetic rubber, alcohol, spreading phenomenon of allergies to foods, sugar metabolism and candida disorders.

Sources: Car exhaust, perfumes, flavors, aniline dyes, synthetic rubber, produced in body, and occurs naturally in the following foods: cow's milk, apple, avocado, banana, blackberry, blueberry, broccoli, chili powder, corn, cucumber, eggplant, grape (red and green), grapefruit, haddock, honey, hops, mushroom, orange, peach, pear, pineapple, strawberry, tomato, watermelon, yeast mix, cooked beef, cooked chicken, and cheese.

Apiol

Sources: cow's milk, almond, bay leaf, anise seed, soybean, beef, carrot, celery, american cheese, cheddar cheese, dill, lemon, lettuce, goat's milk, nutmeg, orange, parsley, green peas, black pepper, red pepper, green pepper, tomato, and walnut.

Butylated Hydroxytoluene

BHT is a preservative that is used in a wide variety of products ranging from cold cereals to soup. It is in numerous packaged and canned foods. Occurs naturally in cocoa.

Caffeic Acid

This phenolic is undoubtedly one of the most widespread of all phenolics found in plants and also occurs naturally in the following foods: apple, artichoke, lima bean, navy bean, pinto bean, red bean, string bean, carrot, cauliflower, coffee, red and green grape, lettuce, potato, green olive, and ripe olive.

Candida Albicans

The fungus Candida is not a phenolic, however it produces numerous phenolic compounds that may increase allergy response, weaken the immune system, and can be related with increased reactions to petrochemical based substances such as perfumes.

Chlorogenic Acid

Sources: allspice, apple, apricot, cherry, coffee, green olive, ripe olive, peach, potato, sweet potato, and strawberry.

Cinnamic Acid

This phenolic compound is found abundantly in evergreen trees and animal danders. Sources: cows' milk, allspice, apple, apricot, avocado, banana, beet, sugar beet, blackberry, blueberry, boysenberry, carrot, cherry, clove, coconut, date, red and green grape, grapefruit, honey, horseradish, lemon, lime, mango, goat milk, breast milk, green olive, ripe olive, peach, pear, plum, prune, quince, raisin, rhubarb, spearmint, strawberry, tomato, watermelon, and yeast mix.

Coniferyl Alcohol

This substance is in conifers and fermented products. It occurs naturally in the following food items: asparagus, beet, sugarbeet, sage, and yeast mix.

Coumarin

Commercially it is used as an aromatic ingredient in perfumes, deodorants, soaps, sun lotion, tobacco, butter, ink, and rubbers. Sources: cow's milk, apple, banana, barley, lima bean, navy bean, pinto bean, red bean, beef, beer, beet, sugar beet, carrot, celery, american cheese, cheddar cheese, cottage cheese, chicken, cinnamon, cocoa, corn, egg yolk, lemon, lettuce, lime, goat milk, breast milk, mutton, oat, black eyed pea, green pea, peanut, sweet potato, rice, sage, tomato, tuna fish, turkey, vanilla, wheat bran, whole wheat, and yeast mix.

Gallic Acid

There are very few plants that don't contain this compound; Occurs naturally in the following foods: cow's milk, apple, apricot, banana, barley, basil, lima bean, navy bean, pinto bean, red bean, soybean, string bean, beer, blackberry, blueberry, brussel sprouts, cantaloupe, cashew nut, cauliflower, american cheese, cheddar cheese, cottage cheese, cocoa, coconut, peach, peanut, pear, pineapple, plum, potato, sweet potato, prune, pumpkin, quince, raisin, rhubarb, strawberry, tea, tomato, vanilla, walnut, watermelon, whole wheat, and yeast mix.

Histamine

Sources: black bass, beer, cow's milk, catfish, chicken, cocoa, codfish, crabmeat, flounder, haddock, halibut, ham, lobster, goat milk, breast milk, mutton, oyster, perch, salmon, scallop, shrimp, trout, tuna fish, turkey, yeast mix.

Indole

It occurs naturally in jasmine, orange flowers, and other plants that have a musk like fragrance.

Malvin

Any plant that displays blue, red or purple colouring contains this compound. Sources: cow's milk, apple, apricot, avocado, banana, red bean, beet, sugar beet, blackberry, blueberry, boysenberry, cabbage, carrot, cashew nut, cherry, cinnamon, corn, crabmeat, cranberry, eggplant, fig, red and green grape, grapefruit, honey, mustard seed, green olive, ripe olive, onion, papaya, blackeyed pea, green pea, peach, pear, pimento, plum, potato, quince, radish, rhubarb, strawberry, tomato, turnip, walnut, and watermelon.

Mannan

It is a byproduct of *Candida Albicans* and suppresses T-lymphocyte production and can also lower glucose response. Appearing in the test results may indicate it is worth considering treatment for candida imbalances.

Menadione

Sources: cow's milk, apple, artichoke, asparagus, avocado, celery, cocoa, red and green grape, lettuce, goat milk, breast milk, okra, green pea, pear, yellow squash, strawberry, turnip.

Norepinephrine

Sources: banana, clam, orange, plum, potato, and sweet potato. Norepinephrine is also found in foods where enzymatic browning has taken place.

Octopamine

Sources: clam, ham, lobster, cow's milk, mustard seed, mutton, onion, pork, and numerous shellfish.

Phenylalanine

Sources: skimmed milk, barley, cocoa, codfish, cranberry, egg, gelatin, green and red grape, hops, potato, sweet potato, yeast mix.

Phenylisothiocyanate

Sources: cow's milk, lima bean, navy bean, pinto bean, red bean, soybean, broccoli, brussel sprouts, cocoa, horseradish, mustard seed, mutton, onion, black eyed pea, green pea, black pepper, radish, tomato, watercress, turnips.

Phloridzin

In nature it is found mainly in the rose family. Occurs naturally in apple and sugar beet.

Piperine

Sources: brandy, chili powder, cucumber, black pepper, red and green pepper, sage. It is also found in household insecticides and pesticides.

Pyrrole

Pyrrole is commonly used in the manufacturing of pharmaceuticals; it is also found in coal tar, auto fumes, and pesticides. Occurs naturally in egg white.

Salsolinol

Occurs naturally in chocolate and alcohol.



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-sensible, 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.

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.