

Extensive Food Sensitivity Testing

Food **WBV Change**

Beverages

Alcohol -----
 Coffee -----
 Colas -----
 Nut milk -----
 Tea (regular) -----
 Soy beverage -----

Grains

Amaranth -----
 Barley -----
 Buckwheat -----
 Barley -----
 Kamut -----
 Millet -----
 Oats -----
 Quinoa -----
 Rice (white) -----
 Rice (brown) -----
 Rye -----
 Wheat -----

Condiments

Catsup -----
 Gravy -----
 Miso -----
 Mustard -----
 Pepper -----
 Pickles -----
 Sea Salt -----

Dairy Products

Butter -----
 Buttermilk -----
 Cheese -----
 Cottage Cheese -----
 Clarified Butter -----
 Ice Cream -----
 Margarine -----
 Milk (cows) -----
 Milk (goat) -----
 Yogurt -----

<i>Interpretation</i>	
<i>100 to 800</i>	<i>WBV Enhancer</i>
<i>-100 to 100</i>	<i>Neutral</i>
<i>-100 to -800</i>	<i>WBV Inhibitor</i>

Food **WBV Change**

Nuts and Seeds

Almonds -----
 Cashews -----
 Chestnuts -----
 Hazelnuts -----
 Peanuts -----
 Pecans -----
 Pistachios -----
 Pumpkin Seeds -----
 Sesame Seeds -----
 Sunflower Seeds -----
 Walnuts -----

Fruits

Fresh -----
 Juiced -----
 Cooked -----
 Dried -----
 Apples -----
 Apricots -----
 Bananas -----
 Blackberries -----
 Cherries -----
 Coconuts -----
 Dates -----
 Figs -----
 Grapefruit -----
 Grapes -----
 Kiwi Fruit -----
 Lemons -----
 Melons -----
 Oranges -----
 Nectarines -----
 Papayas -----
 Peaches -----
 Pears -----
 Pineapples -----
 Plums -----
 Strawberries -----
 Tangerines -----

Food **WBV Change**

Vegetables

Cooked	-----
Raw	-----
Juiced	-----
Artichokes	-----
Asparagus	-----
Avocados	-----
Beans (lima)	-----
Beans (white)	-----
Beets	-----
Broccoli	-----
Brussel Sprout	-----
Cabbage	-----
Carrots	-----
Cauliflower	-----
Celery	-----
Corn	-----
Cucumbers	-----
Eggplant	-----
Lentils	-----
Lettuce	-----
Mushrooms	-----
Okra	-----
Olives	-----
Parsley	-----
Peas	-----
Peppers	-----
Potatoes (sweet)	-----
Potatoes (regular)	-----
Radishes	-----
Spinach	-----
String Beans	-----
Squash	-----
Swiss Chard	-----
Tomatoes	-----
Turnips	-----
Zucchini	-----

Miscellaneous

Tofu	-----
Sauerkraut	-----

Food **WBV Change**

Oils

Corn oil	-----
Flax oil	-----
Hemp oil	-----
Olive oil	-----
Peanut oil	-----
Safflower oil	-----
Sesame oil	-----
Soya oil	-----
Sunflower oil	-----
Cold Pressed	-----
Commercial grade	-----

Sweeteners

Corn Syrup	-----
Fructose	-----
Honey	-----
Molasses	-----
NutraSweet	-----
Saccharin	-----
Sugar (brown)	-----
Sugar (white)	-----
Sucanat	-----
(Whole cane sugar)	

Proteins

Beef	-----
Bologna	-----
Buffalo	-----
Chicken	-----
Eggs	-----
Fish	-----
Ham	-----
Lamb	-----
Liver	-----
Pork	-----
Shellfish	-----
Turkey	-----