

ESSENTIAL FOODS FOR WELLNESS



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 might not be optimal for another. This concept is known as bio-individuality.

The Essential Foods for Wellness biosurvey addresses your bio-individuality by gathering and displaying GSR readings of Virtual Items linked to foods for which your body showed a biological coherence, or preference. It also lists items for which your body had a less coherent response.

Please note that this biosurvey does NOT diagnose food allergies. Be sure to take any known allergies into consideration when referring to this report to help you make wellness decisions about your diet.

SELECTED FOOD FILTERS

This report will only show foods that fit into the following selected filter categories, if any:

Shellfish-Free

FOOD VIRTUAL ITEM dR RESPONSES

This report displays a list of your top 5 most biologically coherent and least biologically coherent overall food-related Virtual Item responses. Below that are listed the top 5 most coherent and least coherent responses for each of the food categories scanned.

The top food Virtual Items listed have the highest positive dR values, with other food Virtual Items following in order. Your wellness professional may recommend that you incorporate foods with the most coherent responses into your diet.

Negative dR value responses, on the other hand, are the items that returned the least biologically coherent results. These are sorted by least coherent (highest negative dR value) and are foods that you may want to consider eating less.

FOOD CATEGORIES

Positive Response Categories

Sugars & Sweeteners - Essential
Dairy & Eggs - Essential
Fats & Oils - Essential
Fish & Seafood - Essential
Spices & Seasonings - Essential
Meats & Poultry - Essential
Beans & Legumes - Essential
Miscellaneous Foods - Essential
Nuts & Seeds - Essential

Negative Response Categories

ZYTO™

Test Male - 11/1/2021

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The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. The diagnosis and treatment of medical conditions should only be undertaken by qualified medical professionals. ZYTO professional software provides general wellness information and should not be used without the involvement of a licensed healthcare professional. ZYTO products have not been the subject of controlled clinical trials to establish their effectiveness and their use is not a generally accepted medical practice by the traditional medical establishment. If you have any questions regarding ZYTO technology or our products please contact us at info@zyto.com.

Grains - Essential
Fruits - Essential
Vegetables - Essential

TOP FOODS

Top 5 Positive Responses

Halibut
Buffalo
Nut, English Walnut
Miso
Salmon, Alaskan/Sockeye

Top 5 Negative Responses

Veal
Rye Berries
Watermelon
Starfruit
Nut, Pecan

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)

Consider Eating More (Positive dR)

Lentils, Red
Pea, Blackeyed
Bean, Cranberry (Borlotti)
Peanut
Bean, String (Green)

Consider Eating Less (Negative dR)

Bean, Soy
Lentils, Brown
Pea, Snap
Bean, Great Northern (White)
Bean, Navy (Haricot)



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. (3)

Consider Eating More (Positive dR)

Egg White
Butter
Cheese, Ricotta
Cheese, Cream
Cheese, Goat

Consider Eating Less (Negative dR)

Greek Yogurt
Whey
Cheese, Cottage
Cow Milk
Buttermilk

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. (4)

Consider Eating More (Positive dR)

Nut, English Walnut
Nut, Black Walnut
Lard (Pork)
Flax Seed
Ghee (Clarified Butter)

Consider Eating Less (Negative dR)

Nut, Macadamia
Cod Liver Oil
Sesame Seed
Tallow (Beef/Mutton)
Avocado

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. (5)

Consider Eating More (Positive dR)

Halibut
Salmon, Alaskan/Sockeye
Herring
Atlantic Pollock
Barramundi

Consider Eating Less (Negative dR)

Haddock
Crayfish (Crawfish)
Bass, Wild Striped
Catfish
Mackerel

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. (6)

Consider Eating More (Positive dR)

Mango
Plum
Guava
Plantain
Lemon

Consider Eating Less (Negative dR)

Watermelon
Starfruit
Cranberry
Strawberry
Mandarine Orange

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. (7)

Consider Eating More (Positive dR)

Buckwheat
Kamut
Wheat Spelt
Rye
Millet

Consider Eating Less (Negative dR)

Rye Berries
Barley
Rice, White
Quinoa
Whole Wheat

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 (8). On the downside, eating certain meats can potentially harden blood vessels and negatively impact the colon and brain. (9)

Consider Eating More (Positive dR)

Buffalo
Cornish Hen
Turkey Meat
Ostrich
Emu

Consider Eating Less (Negative dR)

Veal
Mutton (Lamb)
Beef
Chicken Meat
Beef Liver

MISCELLANEOUS FOODS



Miscellaneous Foods consists of a variety of foods including fermented foods, herbs, and condiments. Some foods on this list may also be classified as vegetables.

Consider Eating More (Positive dR)

Miso
Lemongrass
Fennel
Curry
Vinegar, Apple Cider

Consider Eating Less (Negative dR)

Black Cumin
Basil
Bay Leaf
Ginger
Vinegar, Balsamic

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. (10)

Consider Eating More (Positive dR)

Nut, English Walnut
Lychee
Poppy Seed
Nut, Black Walnut
Hemp Seed

Consider Eating Less (Negative dR)

Nut, Pecan
Nut, Pine
Nut, Macadamia
Chestnut
Sesame Seed

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. (11)

Consider Eating More (Positive dR)

Molasses
Sucanat
Syrup, Corn
Syrup, Maple
Monk Fruit

Consider Eating Less (Negative dR)

Sugar, Cane
Honey
Erythritol
Stevia
Agave

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. (12)

Consider Eating More (Positive dR)

Cabbage, Red
Kale
Zucchini
Carrot
Swiss Chard

Consider Eating Less (Negative dR)

Rhubarb
Dandelion Greens
Potato, Red
Spinach
Turnip Greens

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