



BLUESKAI HEALING

# RESOURCE GUIDE

## AO SCAN FOOD SENSITIVITIES



# REASONS FOR FOOD SENSITIVITIES

There are a number of reasons why food sensitivities could be present in your scan. To start you off, here is a list of the most common causes of why you might see reds or double reds appearing in your food scan:

- A person could have a compromised gut often referred to as a leaky gut.
- External factors, such as stress and certain over-the-counter medications (eg, antibiotics, aspirin), that can trigger the gut.
- If you are dehydrated at the time of the scan, you may see many more reds present than usual.
- The sensitivity could be an inherited sensitivity or a cross-reaction to another food (eg, gluten in oats).
- If the food is high in gluten, oxalates, histamines, or nightshades, can be problematic for many people.
- Be mindful of rotating your foods because eating the same foods all the time can show up as a sensitivity. Too much of anything can be a problem for the body.
- Remember that this is measuring energy and what would not be best for your body at the time of the scan.
- Chiropractor adjustments can give a positive effect in the gut.



# DOUBLE RED RESULTS

*With your results, keep in mind the following:*

Foods that flagged **double red** in both the previous scan (before optimization was sent) and the current scan (after the blueprint frequencies were sent to gently bring your body back into balance)

- If you eat this food often, remove it from your diet for at least a week to see how you feel.
- If you do not eat this food, it could be indicative of something you need (eg, a double red on cilantro could indicate that the individual might need cilantro to help with some heavy metal detoxing).

Having a sensitivity does not mean that you will have a severe allergic reaction to the food mentioned, but it may mean that when this food is consumed, your system gets inflamed on an IGG level.

You may not notice it at all or perhaps a side-effect could be that the food makes you feel sleepy or bloated.

- If you never eat the foods that appear in red, it could be the closest frequency to something that you did eat that might not be included in the sensitivity list.
- If you continue to eat something that is flagged red, it potentially could become a problem food. Also, note that it could be picking up pesticides, herbicides, or insecticides on the food.
- Remember that this is measuring energy and what would not be best for your body at the time of the scan.



# NIGHTSHADES



- \* Tomatoes (all varieties, and tomato products like marinara, ketchup, etc.)
- \* Tomatillos
- \* Potatoes (white and red potatoes. However, sweet potatoes are not nightshades.)
- \* Eggplant
- \* All peppers (bell peppers, jalapeno, chili peppers, and hot peppers)
- \* Red spices (curry powder, chili powder, cayenne powder, and red pepper)
- \* Paprika
- \* Pimentos
- \* Tobacco
- \* Goji berries
- \* Ground cherries (different from regular cherries)

NOTE: ASHWAGANDHA (IS COMMONLY USED AS AN ADRENAL SUPPLEMENT, BUT MUST BE CAREFUL WITH PEOPLE WHO HAVE ACUTE INFLAMMATION AND DON'T TOLERATE NIGHTSHADES)



# WHO SHOULD AVOID NIGHTSHADES?

## Who Should Avoid Nightshades?

Individuals who should avoid nightshades include those who experience a lot of joint pain or arthritis or who suffer from heartburn or GERD. Those with inflammatory and autoimmune diseases should avoid this category.

## What Can Happen if You Eat Too Many Nightshades Over Time?

Can lead to:

- Calcium deposits in the soft tissues (tendons, ligaments, kidneys, skin, and cardiovascular tissues)
- Coronary artery disease
- Calcification of the kidneys
- Nutrient deficiencies can make sensitivity worse (eg, magnesium, Vitamin D deficiency, and liver/kidney detox)



# HISTAMINE PRODUCING FOODS



Many foods can produce high histamine responses, such as dairy, fermented foods, sourdough, fruits and vegetables including bananas, papayas, strawberries, avocados, pineapple, apricots, cherries, citrus, tomatoes, spinach, and eggplant.

If you notice that a number of these are showing up in red, you may want to potentially remove these foods to help lower histamine levels in the body. The scanner can also check the histamine levels in the body as well as indicate when gut health is not optimal and a liver detox might be needed.

- \* Alcohol and other fermented beverages
- \* Fermented foods, dairy products, such as yogurt and sauerkraut
- \* Dried fruits
- \* Avocados, eggplant, spinach, shellfish
- \* Processed or smoked meats and aged cheese

## Foods that trigger histamine release in the body:

Alcohol, bananas, tomatoes, wheat germ, beans, papaya, chocolate, citrus fruits, and nuts (walnuts, cashews, & peanuts)

## Foods that help to lower histamine in the body:

Watercress and Onions, Chamomile, Nettle, Turmeric, Apples, Peaches, & Brazil Nuts



# WHO SHOULD AVOID HISTAMINE FOODS?

## Who Should Avoid Histamine Foods?

Individuals who have the MTHFR gene, those who do not methylate well (in a Vitals Scan, indicated by liver and detox phases), those low in Omega 3, and those low in B vitamins, D, zinc, copper, and magnesium. Those who have an IgE reaction, or whose Basophils or WBC are high.

## What Can Happen if You Eat Too Many Histamine Foods Over Time?

Individuals may develop a B1 Thiamine deficiency.



# OXALATE FOODS



## Foods highest in oxalate (>100 mg per serving) include:

- \* Spinach: cooked or raw, contains >500 mg of oxalate per serving
- \* Rhubarb: >500 mg per serving
- \* Rice bran and buckwheat groats: 100 to 300 mg per serving
- \* Almonds: 120 mg per serving
- \* Miso: >100 mg per serving

## Foods high in oxalate (between 40 to 100 mg per serving) include:

- \* Grains: wheat berries, corn grits, cornmeal, bulgur, and millet (between 60 to 100 mg per serving)
- \* Sweet potatoes: Higher in oxalate content than regular white potatoes
- \* Potatoes: leaving the skin on increases the oxalate content, but french fries and yams have around 40 to 50 mg per serving
- \* Beans: navy beans (70 mg per serving), soybeans (50 mg per serving), & fava
- \* Certain types of flour: soy flour (90 mg per serving), brown rice flour (65 mg per serving), and barley flour (40 mg per serving)
- \* Beets: about 80 mg per serving
- \* Cocoa powder and hot chocolate: 65 mg per serving
- \* Okra: 55 mg per serving
- \* Cashews: 50 mg per serving
- \* Certain cereals: shredded wheat and bran flakes have 40 to 60 mg per serving
- \* Raspberries: 50 mg per serving



# WHO SHOULD AVOID HIGH-OXALATE FOODS?

## Who Should Avoid High-Oxalate Foods?

Individuals who have kidney issues, those who present with candida, and those who have been exposed to Aspergillus.

## What Can Happen if You Eat Too Many High-Oxalate Foods Over Time?

May lead to further kidney issues/stones, joint pain, mineral loss, tissue damage, mitochondrial damage, metabolic damage, or brain fog.



# GALLBLADDER-FRIENDLY FOODS



- \* Fats: avocados, olive oil, grass-fed butter, ghee, wild-caught fish, coconut oil, and grass-fed beef
- \* Foods such as beets, radishes, celery, artichokes, asparagus, lemons, limes, grapefruit, cucumbers, carrots (salads and juicing are great)
- \* Bitter herbs: ginger, arugula, endive, cilantro, turmeric, dandelion, fennel, mint, milk thistle, parsley
- \* Consume chlorophyll-rich foods: wheat grass, oat grass, chlorella, spirulina
- \* Consume broccoli and kale sprouts
- \* Increase fiber using pumpkin seeds chia, flax, and hemp seed

## Who Should Increase Gallbladder-Friendly Foods?

Those who flag for imbalances with lipids, Cholesterol HCL, amylase and lipase enzymes, bile acids, elevated bilirubin, and those with increased WBC counts.

