

Food, Chemical & Environmental Sensitivity

Bio-Resonance Scan

Hello [Name], it was a pleasure to do this scan for you. A sensitivity scan looks at what your system is reacting to across food, chemicals, metals, and your everyday environment. Here is what came up most strongly, with simple first steps to lower the load and ease how you feel.

Most Important to Know Now

- Your strongest pattern is environmental and airborne – animal dander, with dog leading, alongside household dust and dust mites. This is the clearest signal in the whole scan.
- Dairy is your dominant food sensitivity. The response runs across the milk proteins themselves, not just one product, which is why it shows up in many forms of dairy at once.
- Gluten and wheat also flag, along with yeast – a common trio that tends to travel together.
- A cluster of chemical and metal sensitivities appeared: common household solvents, dental metals, and a few medication families worth noting, to raise with your doctor rather than act on alone.
- Sensitivities tend to amplify one another. Lowering the total load on your system usually brings more relief than chasing any single item.

Start Here – Your Quick Wins

- Lighten the airborne load where you sleep: wash bedding weekly in hot water, add a dust-mite cover to your mattress and pillows, and run a HEPA air filter in the bedroom.
- Try a short, simple elimination. Set dairy and gluten aside for two to three weeks, then bring them back one at a time, a few days apart, and notice how you feel. This shows you what is truly yours to avoid and what is fine in moderation.
- Filter your drinking water to lower chlorine and fluoride.
- Choose fragrance-free, low-chemical cleaning and personal-care products to ease the everyday chemical load.
- Rotate your foods rather than eating the same handful every day. Variety eases the load on your system, since eating the same things repeatedly is one of the ways new sensitivities take hold.

- Write down the flagged medications and dental metals to raise with your doctor, dentist, or pharmacist. Never stop a prescribed medication on your own.

Your Full Findings

Foods. The strongest food signals were dairy, gluten, and yeast. Dairy showed the widest response – across the milk proteins casein and whey, which is why it can appear in milk, cheese, butter, and cream alike. Wheat and gluten flagged next, with yeast close behind. Garlic, chocolate, refined sugar, and fish also appeared lower down. A broad dairy response like this often eases considerably once the gut lining has a chance to calm and rebuild.

Chemicals & everyday toxins. The three strongest were chloroform, formaldehyde, and toluene (listed as methyl benzene). These are common rather than exotic: chloroform forms in chlorinated tap water, formaldehyde lingers in new furniture, building materials, and some cosmetics, and toluene shows up in paints, solvents, and fuel fumes. Reducing exposure where you can – filtered water, good ventilation, cleaner products – lowers the background load your system is managing.

Metals. The strongest metal signals were silver (mercury) amalgam, dental gold, and lead. The first two point to dental restorations; the third is a common environmental heavy metal. None of this calls for sudden action. It is useful information to hold and, if it feels relevant, to discuss with your dentist or doctor.

Environmental & airborne. This is your strongest category overall. The three leading signals were dog dander, household dust, and dust mites, with cat dander and feather bedding close behind. These are the triggers most worth addressing first, since they are constant and easy to reduce with the airborne steps in your Quick Wins.

Pollens & nature. The strongest were grass pollen (timothy and ryegrass), oak, and maple – seasonal triggers that come and go with the year. Knowing yours helps you anticipate the harder weeks and support yourself ahead of them.

A note on medications. A few medication signatures came up, including aspirin, penicillin, and the anti-inflammatory (NSAID) family. This is worth writing down and mentioning to your doctor or pharmacist, especially before starting anything new. Please do not change or stop a prescribed medication based on this – it is simply a flag to explore with the right professional.

Sensitivities are rarely fixed for life. As the load comes down and the gut and immune system settle, many of these soften or fade. The steps above are how you start lowering that load.

Helpful Questions to Explore

If you'd like to take this further with a doctor or qualified practitioner, these are real, testable avenues that relate to what came up. They are offered as questions to explore – not findings:

- Could I have specific food-sensitivity or allergy testing, such as IgG or IgE panels, to confirm what the scan flagged?
- Is it worth looking at gut health, since an inflamed or permeable gut lining often drives several food sensitivities at once?
- Given the dental-metal signals, is a conversation with my dentist worthwhile?
- Are there environmental factors at home – dust, dander, mold, or water quality – worth addressing?
- Could any medication I take be affecting how I feel, and is there a gentler alternative? This is a question for my doctor.

The Emotional & Energetic Layer

Often overlooked, and frequently the most meaningful part. Physical patterns and emotional ones are rarely separate. A field carrying a long-held burden often carries a long-held feeling alongside it – themes around self-expression, boundaries, and permission to rest. Dr. Gabor Maté describes it this way: when we cannot say “no” with our voices, eventually our bodies say it for us.

You don't need to do anything with these – simply sitting with the ones that resonate is enough. A few gentle questions to hold

QUESTIONS TO SIT WITH

- When do I feel most valued, heard, and seen?
- Where in my life am I over-giving, or stretching beyond my boundaries?
- In what situations do I feel most at peace, relaxed, and at home in my body?
- What do I most need permission to explore, do, or say no to?
- What have I needed to express that has not yet found its voice?
- What is one thing I could do to reclaim a little rest this week?
- Who are the people I feel most like myself and content around?
- Who are the people or situations that leave me feeling depleted?
- One year from now, what would I like my life to feel and look like?
- What is the dominant emotional state I want to be living in?
- What needs to happen to make that reality possible?
- What are my top three goals for this year?
- What legacy do I want to leave?
- In 20 years, what will matter most about how I used this next phase of my life?

Wellness Foundations

These are the small, steady practices that help restore energy, support nervous system regulation, and create a more stable foundation for healing. You do not need to do them all. Start with one or two that feel most accessible, and build from there with gentleness and consistency. Small actions, repeated over time, create meaningful change.

Daily rhythm

- Get natural light in your eyes early in the day, before screens.
- Go barefoot on the earth whenever possible.
- Pause once an hour for a few slow, deep breaths.
- Create a consistent evening wind-down that supports restful sleep.

Nourishment

- Drink plenty of clean water and include good-quality salt or electrolytes as appropriate.
- Choose warm, simple, well cooked, easy-to-digest meals.
- Limit sugar and heavily processed foods that can place extra strain on the body.
- Eat slowly, chew thoroughly, and stop when you are about 80 percent full. It's important to leave your stomach with some space for easier digestion.

Rest & nervous system

- Deep rest as a genuine priority, not a reward.
- Practice a daily heart–brain coherence exercise or other calming regulation practice.
- Spend time in nature and let your eyes rest on green and blue.
- Move gently in ways that restore energy, such as walking, yoga, or swimming.

Environment

- Reduce dust, dander, damp, and mold at home.
- Air out rooms; let in natural light.
- Notice which spaces leave you feeling drained or restored.
- Surround yourself with colors you're drawn to.

Remember that this is a process, and every step forward strengthens your roots. The leaves and flowers bloom once the roots feel steady again. You are doing the good, and often not-so-easy, work of lightening your load so you can move forward with greater ease and flow. It is my pleasure to support you in that.

With gratitude and warmth,
Yvette

This is an energetic wellness reflection – not a medical diagnosis.