

# How and Why We Developed the Food Stress Reaction Test

Cornmeal	3	Peanut	8
Cornflour	2.7	Peanut	4
Oat	1	Pistachio	5
Quinoa	2	Tahini / Sesame seed	1
Rice - white	5	Walnut	6
Rice - brown	1		
<b>Meat / Fish / proteins</b>	<b>%</b>	<b>Dairy</b>	<b>%</b>
Beef	9	Cream milk	10
Chicken	1	Cream yoghurt	4
Lamb	1	Cream cheese	5.4
Salmon	3	Cream stream	10
Tuna	2	Sheep's milk	3
Cod	0	Sheep's yoghurt	2
Headlock	4	Sheep's cheese	2.3
Milk	6	Goats milk	7.8
Sardine in brine	4	Goats yoghurt	7
Egg - white	4.5	Goats cheese	8.9
Egg - yolk	1		
Egg - white	8	<b>Dairy alternative</b>	<b>%</b>
		Almond milk (US / Sweet)	4 / 4
<b>Vegetarian</b>	<b>%</b>	Coconut milk (US / Sweet)	5 / 4
Hummus	3	Coconut cheese (Vollfil)	6
Tofu	1	Coconut cream	3
Tempeh (soy egg Mass)	9	Coconut yoghurt (US)	3.4
		Oat milk (US / Sweetened)	2 / 4
<b>Condiments</b>	<b>%</b>	Rice milk (US / Sweet)	8 / 8
Tomato ketchup	4.7	Soy milk (US / Sweetened)	5 / 7
Magnesium	3	Soy cheese	4
Peanut	5	Soy cream	5
Soya Sauce	1	Soy yoghurt (US / Sweet)	2
Pasta (not organic)	3.4		
Coffee	4	<b>Pre-made starch foods</b>	<b>%</b>
Black tea	2	Bread	4.8
Herb tea	0	Bread - Organic	4.5
		Flat bread	8
<b>Oil / fat</b>	<b>%</b>	Oat cakes (best free)	2
Butter	8.18	Pasta (soft, white)	7
Butter - spreadable	10	Pasta (soft, brown)	7
Butter - goat	5	Pasta (soft, white, Org.)	6
Coconut oil	1	Rice cakes	6
Hempseed oil	1		
Olive oil	1	<b>Sweet Foods</b>	<b>%</b>
Margarine with dairy	6	Sugar	5
Margarine soya	5.6	Honey	2.3
Refined oil	7	Coconut sugar	2
Refined oil - Organic	5	Stevia	1
Sunflower oil	10	Chocolate spread	4
Sunflower oil - Organic	6	Chocolate - dark / milk	3.4

Ideal proportions for intake  
 93% scoring 3 or less  
 7% scoring 4-6  
 0% scoring 7 or more  
 Vegetables 42%  
 Protein/Vegetable starch 20%  
 Meat/Fish/protein 11%  
 Dairy alternatives 8%  
 Fruit 6%  
 Dairy 4%  
 Chickpea 2%  
 Pulses 2%  
 Grains 1%



We can measure how much you are intolerant to a specific food.



## In this article:

- Why Do Some People Have Allergies and Others Not?
- Classic Muscle Testing for Allergies
- Muscle Testing at a Distance
- Precision Scalar Testing
- Categorising Food Stress Test Reactions
- Reducing Stress Test Reactions
- Avoiding Foods that Cause Intolerances.... or Not!
- Benefits of Eating Low Stress Foods
- 1. Normal Appetite Returns
- 2. Natural Weight Loss
- 3. Intolerant Reactions Subside



## How and Why We Developed the Food Stress Reaction Test

This system was created after we became curious as to why there are so many discrepancies with food allergies and intolerances.



### Why Do Some People Have Allergies and Others Not?

Have you ever wondered why some people are allergic to certain foods and others not? Or why some people develop food allergies and intolerances when before they had none? Or why some people stop suffering from food allergies or intolerances without making any changes to their diet?



### Classic Muscle Testing for Allergies

Initially we used the classic muscle test system of testing foods to determine if someone was intolerant to it. This involves measuring the strength of an outstretched arm before and after holding a certain food. The method can be applied to anything, not just food, but is not completely reliable as over time, the testee's arm weakens making comparison with the initial baseline results difficult.



### Muscle Testing at a Distance

After a decade of using this method for testing many different substances including food, drink, toiletries, homeopathic remedies, flower essences, aromatherapy and supplements we discovered that it was possible to test the reaction without pressing down on the testee's arm (ie, testing at a distance) using the tester's own muscle strength as a biofeedback mechanism for measuring the resonance between the testee and the substance. This method was deployed for another decade or so, always using the physical test as confirmation of results.



## **Precision Scalar Testing**

Through practicing both systems of testing, we realised that there were many degrees of strength/weakness in both the testee's reaction and the tester's reaction when employing the testee-not-present method. This led us to consider that we could refine the results by testing the reaction on a scale from 0 to 10; 0 being no resonance and 10 being the maximum possible resonance. And so a new system was developed that enabled precision testing of food stress reactions, meaning we could measure how strongly a person reacted to a specific food on a scale from 0-10.



## **Categorising Food Stress Test Reactions**

Once we switched to this system, we were able to gain much greater insight into an individual's tolerance to a wide range of foods.

We classified the reactions into groups as follows:

0-3 : low reaction, food can be eaten freely

4-7 : medium reaction; food to be eaten once every 2-3 days

8-10 : high reaction; food to be avoided

*An example of an extract of a 150+ Foods Stress Reaction Test is shown on the next page.*

<b>Vegetables</b>	<b>%</b>	<b>Fruits</b>	<b>%</b>
Aubergine	8	Avocado	1
Broccoli	1	Apple	0
Beetroot	0	Banana	5
Carrot	0	Blackberry	1
Cauliflower	0	Blueberry	1
Cabbage	2	Cherry	1
Courgette	1-2	Clementine	1
Cucumber	1	Coconut	3
Garlic	1	Date	0
Ginger	3	Fig	1
Leek	4	Grape	1
Lettuce	0	Grapefruit	1
Mushroom	2-3	Kiwi	1
Olives	1	Lemon	0
Onion	1	Lime	0
Parsnip	0	Mango	4
Peas	5-6	Melon	1-3
Pepper	1	Nectarine	1
Potato	1	Orange	2
Spinach	2	Papaya	0
Sprouts	0	Pear	1
Sprouted alfalfa	0	Peach	1
Sweet potato	2-3	Pineapple	1
Swede	0	Plum	1
Sweetcorn	5-6	Raspberry	3
Tomato	5-6	Rhubarb	0
		Satsuma	1
<b>Pulses</b>	<b>%</b>	Strawberry	2-3
Chickpea	4	Tangerine	1
Kidney bean	7		
Lentils	4	<b>Nuts / Nut butter</b>	<b>%</b>
		Almond	5
<b>Grains / flour</b>	<b>%</b>	Brazil	3
Wheat	9	Cashew	10
Wheat - Organic	8	Hemp seed	0
Amaranth	4	Macadamia	3



## Reducing Stress Test Reactions

What we observed is that after avoiding a certain food for a few months, the stress reaction score can drop significantly, leading that food to be re-categorised into the medium (or sometimes even low) group. This means that this food no longer causes an intolerable stress reaction on the body; ie the body can tolerate it and it can be eaten more freely.



## Avoiding Foods that Cause Intolerances.... or Not!

However, this then leads us to the problem of how those foods whose stress reaction score doesn't fall: how can we manage to avoid these foods indefinitely?

That's a really good question and one which we only recently discovered the answer to! The answer is that we don't actually have to avoid these foods indefinitely, as we have developed another method for reducing the stress reaction scores that looks at the emotional connection that an individual has to that specific food.

We go into more detail about this in our post ***The Energetics Behind Allergies and Intolerances*** (to be published).



## Benefits of Eating Low Stress Foods

We have found there are many benefits if your diet is made of predominantly low-stress causing foods (those that score 3 or less in a Resonance Test).



### 1. Normal Appetite Returns

When we eat foods that provoke a stress reaction in the body, the body produces adrenaline. This causes our blood sugar levels to rise (a natural mechanism of adrenaline production, designed to give us an energy boost in times of fight/flight). However, afterwards we then experience a dip in sugar levels and this can have us reaching for more food when all we needed to do was to wait a while for sugar levels to return to normal. By sticking with low stress foods we find that our appetite remains balanced through the day.



### 2. Natural Weight Loss

Once our appetite has normalised and we're no longer experiencing false hunger from sugar level dips, then our weight will naturally reduce as we will be eating only what we need. The speed at which we lose weight will be, in part, related to the amount of high stress foods we were consuming before and how many of these remain in our diets.



### **3. Intolerant Reactions Subside**

We originally developed this system for someone who had total allergy syndrome; whose head to toe eczema which, in places, was open wounds, cleared up after 6 months. Whilst everyone is different and avoiding high stress foods will be difficult for some because of underlying addictions, (adrenaline is addictive!), if you are able to cut out the foods that score 7 or more then you will not only find that your energy levels improve and your overall feeling of wellbeing improves. You may also see a reduction in reactions (allergic or intolerant) such as IBS, psoriasis, migraines, bloating, etc. We will say that patience is the key here and that these kind of reactions can take at least 6 months to clear up.

*DISCLAIMER: Armichi Wellness is a division of Armichi Ltd and is not a medical practice nor is it run by GPs. Your Armichi Wellness consultant is not a medical doctor. All information provided by the practitioner is not intended to diagnose, prevent, treat or cure any illness. Always consult with your medical doctor and healthcare providers before seeking any alternative health advice or taking any alternative health treatment and do not stop any health care treatment that has been prescribed by your doctor.*



**Published by Armichi Wellness, January 2022**

Please feel free to quote or republish this article with a link back to **Armichi Wellness** thank you.