

The Frequency of Food



Why do some foods energise you and others leave you feeling depleted of energy?



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The Frequency of Food

We wanted to understand more about the vibrational frequency of foods. We were curious what happens to the frequency of fresh vegetables after they are picked and then after they are cooked. What we discovered surprised us.



150+ Foods Stress Reaction Test

Have you ever noticed how some foods make you feel energised, alive and others make you feel tired very soon after you've eaten them? We discovered a while ago that each of us reacts differently to different foods. Some foods place a greater stress on our body than other foods and we test this reaction in our [150+ Foods Stress Reaction Test](#). This gives us an indication of foods that are likely to cause physical reactions, those we can eat freely without any reaction and those in between where we can tolerate as long as we don't eat every day.



How Food Processing Affects Frequency

For this article wanted to know more about how the actual processing of foods affects their vibrancy, not how the same food can cause different reactions in people. We were inspired to run these tests as we were curious to know how the frequency of activated walnuts (soaked, sprouted, dehydrated) compared with non-activated walnuts. We were surprised to discover that they both have the same frequency. In fact, as you will see in the table below, the way in which a food is processed makes no difference to its consciousness. As soon as a food is removed from source, its vibration falls to almost zero.



How We Resonance Test the Frequency of Food

For this research we used Resonance Testing to measure the frequency of foods with our usual scale of 0-10, where 10 = the frequency of an organic courgette still attached to the plant with the flower intact.



Natural Food Frequencies

In this series of tests, we tested just over 30 vegetables, fruits and other natural products that are eaten with limited processing. We included cows milk and eggs for those who choose to eat them.

We tested the frequency when:

1. The food is still attached to the plant, still growing in the ground or still inside the animal. We included eggs when still inside the hen and milk when still inside the cow.
2. The food has been harvested, extracted or laid (eggs) 1 minute ago.
3. The food has been cooked by steam, boiling, roasting or pasteurised.
4. The food has been microwaved.

The Frequency of Food

Food	Still growing		Picked / extracted 1 minute ago		Cooked by steam / boiling / in oven / pasteurised		Cooked in microwave	
	<i>Org = Organic</i>	<i>Org</i>	<i>Non Org</i>	<i>Org</i>	<i>Non Org</i>	<i>Org</i>	<i>Non Org</i>	<i>Org</i>
Broccoli	10	1.2	0.1	0.1	0	0	0	0
Courgette	10	3.6	0.1	0.1	0	0	0	0
Cabbage	9.5	0.4	0.1	0.1	0	0	0	0
Runner beans	10	8.5	0.1	0.1	0	0	0	0
Peas	3.1	0.3	0	0	0	0	0	0
Carrot	9.9	6.2	0.1	0	0	0	0	0
Potato	9.9	0.3	0.1	0	0	0	0	0
Sweet potato	9.9	9.2	0.1	0.1	0	0	0	0
Beetroot	10	9.2	0.1	0.1	0	0	0	0
Onion	2.9	0.2	0.1	0.1	0	0	0	0
Spring onion	2.9	0.2	0.1	0.1	0	0	0	0
Garlic	10	7.4	0.1	0.1	0	0	0	0
Aubergine	1.2	0.6	0.1	0	0	0	0	0
Pepper	10	0.3	0.1	0.1	0	0	0	0
Tomato	4.9	1.3	0.1	0.1	0	0	0	0
Heritage tomato	9.2	6.1	0.1	0.1	0	0	0	0
Lettuce	10	8.2	0.1	0.1	0	0	0	0
Cucumber	10	9.1	0.1	0.1	0	0	0	0
Apple	10	4.6	0.1	0.1	0	0	0	0
Grape	9.3	8.5	0.1	0.1	0	0	0	0
Banana	0	0	0	0	0	0	0	0
Orange	9.9	7.2	0.4	0.2	0	0	0	0
Lemon	10	8.2	0.4	0.2	0	0	0	0
Almond	10	5.2	0.1	0.1	0	0	0	0
Walnut	8	3.2	0.1	0.1	0	0	0	0
Peanut	0.2	0.1	0	0	0	0	0	0
Cashew nut	1.2	0.2	0.1	0	0	0	0	0
Cashew apple	9.1	5.3	0.1	0	0	0	0	0
Olive	9.8	5.2	0.1	0.1	0	0	0	0
Milk in cow	9.4	5.2	0	0	0	0	0	0
Egg in hen	1.3	0.1	0.1	0	0	0	0	0



Why does Microwave Food Have the Same Frequency as Traditionally Cooked Food?

As you can see, we created a separate category for microwaving since there is much debate on how microwaving food removes its energy. You can see from the table above that there seems to be no difference in the frequency of foods that have been cooked via conventional processes or microwaved. However, further testing revealed that: ***Microwaving creates a disorganised structure to the water in the food. It is this disorganisation that affects the impact of the food in your body.***

This discovery inspired us to find out more about the organisation of water in what we eat and drink and to see how it affects us which we will publish in another article.



Why Do Certain Foods Energise Us if All Foods Have a Similar Vibration?

We have found out that none of the foods we eat have much frequency. What we want to know is why some foods energise you and others do not. Resonance Testing has shown that the effects of a food has to do with how you *feel* about that particular food. We have also discovered that how we feel about a food is related to the frequency that we have embedded within it through our experience in eating it. We discovered that it is the frequency we ourselves embed within a food that determines our food stress reaction test score, not the food itself.

Have you noticed how some cultures thrive on a range of foods and others seem to thrive on a completely different diet and yet they are both equally healthy? We believe this may have something to do with the frequency that each culture collectively embeds within the foods.



There is more exploration to do on this subject and we will be publishing soon an article: *The Energetics Behind Allergies and Intolerances.*

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