

# Harmonized Power Foods

## 400 good foods. Which 100 are right for you?



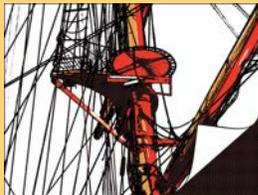
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More than anything else, consider that your dietary intake may be the number one factor regarding health, vitality and longevity. The collective effect of what you eat over time is widely recognized as having a major long-term impact to your health.

An emerging group of doctors are now focusing on 'functional medicine' in their practices with dietary intake being seen as a high-priority facet in maintaining homeostasis and optimal functioning of the human biological organism. Most agree: food is medicine.

Peter D'Adamo, MD has been a long-time advocate of using food as medicine with his 40-year well-established protocols published in *Eat Right for Your Type*. He defines beneficial, neutral and avoidance foods based on blood type and ethnic origin.

Almost everyone emigrated from other countries to North America, so many regionally-sourced foods ancestors consumed for centuries abruptly disappeared from our diets. However, blended genealogies over generations has hampered the process of using ethnic origin to determine diet.



In addition to blood type and ethnic origin, consider that *gender, metabolism, body weight, hormones, age, circadian biorhythms, lifestyle and environment* may also be very important factors. Up until now these considerations have been too complex to address, but with kinesiology they can.

Dietary health has been batted about like a ping-pong ball. "You need to decrease your fats. Carbs are good for you. Wait, actually, maybe they're not good for you. You need more protein. Wait, no, more fats in your diet is



better!" It's confusing and disheartening.

Today, there are about 400 good, wholesome foods readily available to consumers. When individually tested, kinesiological biofeedback has indicated that on average about 100 of those foods invigorate your vitality and provide important nutritional support. However, the 100 foods differ greatly from person to person.

Of those 400 wholesome foods, kinesiological testing has also shown on average that about 150 are neutral and 100 are avoidance foods. We're not talking about allergens here. And again, it's different for everyone. Eating avoidance foods often causes headaches, bloating, upset bowels, weight gain, fatigue, poor skin tone and more.



What is kinesiological biofeedback? Basically it's your body talking to you about what it likes and doesn't like. Traditionally known as muscle response testing, its efficacy has been empirically validated worldwide over 60 years. It's becoming more commonplace here (of course there will always be nay-sayers even in the presence of overwhelmingly positive data). But don't be fooled. Do your research if need be.

Using kinesiology you'll discover the top 100 best foods for you. Wouldn't it also be helpful for you to know your top 25? How many times to consume them each week? A good portion size? Now you're talking about highly empowered food choices.

Identifying invigorating foods and avoidance foods using kinesiological biofeedback is relaxing, non-invasive, painless, accurate, fast and fun. However, the accuracy of this biofeedback testing has been found to highly benefit from thorough training of the practitioner. It may be in your best interest



to rely on a well-trained professional.

The benefits of testing are numerous, and depend on what's important to you. Here are some of the reported advantages:



**Lose Weight And Improve Tone.**

When you eat your invigorating foods – and just as importantly, stay away from your avoidance foods – you may begin to naturally lose those extra pounds. Satisfying foods mean longer times between eating, allowing the body to burn more fat stores.

**Enjoy More Vitality.** Inherently, the body wants to be healthy. Like all biological organisms it achieves higher homeostasis from getting the right nutrients, in the right amounts, at the right time. This principle applies regardless of whether you're a plant, a fish, a cow, or a human. Get the right fuel and have your motor running at top speed!



**Notice Cravings Disappear.** Ever sit down for a meal, and in a little while head back to the refrigerator for something else? Those cravings could be your body trying to tell you something –



it's not getting enough of what it needs! When you start eating your power foods you'll notice a more long-lasting, satisfied feeling in your being.

**Embark on a Culinary Adventure.** Get ready for an adventure that will excite your palate! Many of your power foods will naturally be agreeable, even though they may be new to your experience. Actually, it's because your palate is *remembering* what your ancestors consumed. And if the taste seems somewhat off, just give it a little time to get acclimated.



**It Feels Good to Stop Guessing.** When you go shopping with the benefit of your Harmonized Power Foods report, the confidence from knowing what's good for you – and what's not – is empowering. You can even view reports from your smartphone. Having this information often eliminates the stress of wondering what to get!



**Information Made Friendly.** Over 400 foods are tested for you to have the definitive answer when and where it's needed... *EatingOut!*, *PowerUp!*, *Groceries!* & *StayAway!* reports lead the way. Printouts, on your computer and on your phone.

Turkey	-10
Beef Tongue	-15
Pheasant	-15
Pork and bacon	-15
Beef	-20
* Seafood *	
My servings of SEAFOOD includes (#) PER WEEK	
	2 2 oz.
Sole	30
Porgy	25
Salmon, red sockeye	20
Flounder	15

See the scores in black. Power foods show as **positive** numbers. Neutral foods test as **zeroes**. Avoidance foods show as **minuses**.



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