



Resistance Indicators

Resistance Indicator	Functions/sources	Deficiency Symptoms	Food Sources
Bacteria	Ground Beef, raw milk, canned foods, public water, packaged meats, deli items, raw seafood, doorknobs.	Fever, chills, infrequent urination, vomiting, rapid pulse or breathing, diarrhoea.	Probiotics, aloe vera, turmeric, apple cider vinegar, green tea, nuts, seeds, cranberry juice. Heavy greens such as Spirulina and Kamut grass.
Fungus	Candida	Exhaustion, sweet cravings, white coat on tongue, UTI, joint pain, sinus infection.	Fermented veggies, kefir, unsweetened cranberry juice, kale, spinach, coconut oil, milk thistle, Vit C, probiotics.
	Skin infections (athletes foot, jock itch, etc.)	Peeling, itching, redness, burning, blisters.	Coconut, garlic, apple cider vinegar, cloves, cinnamon, salmon, ginger and topical treatments.
	Ringworm	Red patch, typically in circular form, scaly and sometimes raised.	Onions, garlic, nuts, seeds, oats and topical treatments. Sometimes antibiotics are necessary, should be last resort.
Molds / Spores	High humidity environment, poor ventilation, moisture.	Itchy and watery eyes, wheezing, coughing, dry, scaly skin and aggravate asthma.	Ginger, radishes, garlic, onions, cilantro, basil, oregano, turmeric, black walnut, seeds, cayenne pepper, cinnamon
Parasites	Contaminated food or water, imbalanced gut flora.	Fatigue, constipation, diarrhoea, GI issues, vomiting, heartburn, loss of appetite.	Black Walnut, wormwood, olive leaf, oregano, basil, grapeseed oil extract, clove oil, horseradish.
Post Virus	Active virus that is subsiding, but has not fully cleared.	Long term fatigue, muscle weakness, lingering cough or congestion, aches and soreness.	Kiwi, yogurt (Probiotics), garlic, cloves, honey, ginger, zinc-rich foods such as meat, seafood, peanuts, and green tea.
Virus	Spread via touch, breathing, saliva or insects, food, water.	Coughing, sneezing, fever, vomiting, diarrhoea, inflammation, fatigue, cramping.	Blueberries, beets, cabbage, kale, garlic, lemons, seaweed, flaxseed, celery, avocados, apples, Spirulina, cranberries.

We recommend that you get your epigenetics analysed every 88 days to prevent resistance and wellbeing challenges.