

# High Frequency Foods

*by Regina Ann*

High Frequency Foods are those left in the natural state, unadulterated, unprocessed, no chemicals or genetic alterations. As energetic beings our body and all of its magnificent parts operate on their own frequencies and interact with the frequencies we introduce to them. High frequency foods “speak” to the body in the language designed for it.

Introducing high frequency foods allows the body to experience higher energy levels, a more conscious state of awareness, more balanced energy, and greater satisfaction from our food. The benefit for those who are weight conscious is that the more you feed your body what it needs, the more efficient it becomes and the less you need to feed it.

Here is a list of high frequency foods I found during my wellness journey. Enjoy ~

## **FIVE-STAR FOODS \*\*\*\*\***

Algae (blue-green; freshwater)

Algae (green; freshwater) — chlorella

Fruit, tropical (ripe, organic) — mango, papaya, pineapple, star fruit

Plants, baby (sprouted) — buckwheat, fava bean greens, peas, sunflower, sweet potato greens, wheatgrass

Sea vegetables — arame, dulse, hijiki, nori, Pacific or Atlantic kelp

Weeds, edible — chicory, dandelion, lamb’s-quarters, plantain, purslane

## **FOUR-STAR FOODS \*\*\*\***

Beans, easy to digest (i.e., beans containing fluids) — adzuki sprouts, mung beans

Coconut, green — fresh green coconut meat

Flowers, edible — chrysanthemum, nasturtium, rose, tiger lily

Fruits, succulent (ripe, organic, high energy) — citrus, kiwi, melons, nectarines, peaches, plums, pomegranates

Olives, ripe (unprocessed)

Sprouts (light by weight) and green sprouts — alfalfa, broccoli, chia, clover, garlic, onion, radish

## **THREE-STAR FOODS \*\*\***

Fruits, vine grown — currants, grapes, tomatoes

Grains (sprouted, with two-day germination) — all grains

Nuts — all except cashews and peanuts

Sauerkraut — green, purple, and red cabbage

Seeds (sprouted) — flax, hemp, pumpkin, sesame, sunflower

Vegetables (green, yellow, orange, purple, white, and red) — beets, broccoli, brussels

sprouts, cabbage (green, red), carrots, cauliflower, celery, corn, cucumber, garlic, lettuce (iceberg), onions (unsprouted), peas, peppers (orange, red), squash (winter), squash (yellow), string beans, sweet potatoes, yams

### **TWO-STAR FOODS \*\***

Beans (sprouted) — all varieties except soy and black

Fruit (grown in northern latitudes) — apples (most), blackberries, blueberries, cherries, cranberries, gooseberries, pears (most), raspberries

Mushrooms (eaten raw) — maitake, reishi, shiitake

Root vegetables — burdock, celery, jicama, parsnip, radish, rutabaga, turnip, yucca

Whole grain preparations (raw, dehydrated living food) — bread, cereal, chips, cookies, pizza crust

### **ONE-STAR FOODS \***

Chestnuts, raw

Grain preparations, dehydrated (stored for more than 30 days) — breads, cereals

Legumes, dehydrated — all beans except soy and black

Nuts and seeds, dehydrated — almonds, Brazil nuts, flax, hazelnuts, hemp, pecans, pine nuts, pistachios (unprocessed), pumpkin, sesame, sunflower, walnuts

Root vegetables, dehydrated — beets, carrots, jicama, sweet potatoes, yams

Salad dressings, raw vegan (prepared in a blender) — all except vinegar-and-oil dressings

People in the process of recovery from cancer, viruses, bacteria, fungus, yeast, and low-blood sugar and high-blood sugar disorders should avoid fruit until they have completely recovered.

*Wishing you Whole Wellness ~\*~*

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