

Ultra Frequency Foods

Contrary to popular belief, it is the stored light energy frequencies in our food which our bodies need to maintain good health.

Modern scientists confirm that energy, light and matter are interchangeable. Further, faster or ultra energy frequencies, are closer to light or electricity, while slower energy frequencies are more like rock or steel ($E=mc^2$).

Our physiological human bodies and the foods we eat too are composed of energy frequencies. As are proteins, vitamins and minerals within our foods, each having a specific and measurable "Natural Frequency."

When we eat, the energy frequencies of the various foods mingle with our body energy frequencies.

The mixing of any two frequencies naturally results in a new frequency set halfway between the original frequencies (ie; white sound).

If the food you eat has a lower "Natural Frequency" than your body, the resulting balance will be an energy frequency lower than your body's own "Natural Frequency."

Coincidentally, it should not come as a surprise to learn that illness, stress, emotional or mental imbalance and most disease are the result of operating your physiological body at frequencies below your "Natural Frequency."

Choosing foods and using herbs that have a higher "Natural Frequency", is a simple yet powerful defense against disease, stress, illness and aging.

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MISC. FOODS

Brewers Yeast,
Carob, Chocolate
Duck Egg, Fructose
Corn Sugar, Honey
Maple Syrup, Tofu,
Sea Salt unrefined
Molasses,
Absolute Vodka,
Sake

Nayonaïse:
(made of soy)

Vegenaise:
(grape seed oil)

Vinegar:
red wine vinegar,
rice or balsamic

Red Wine:
(7 yrs. or older)

Beer:
Red Wolf, Busch,
Coors Light

Coffee:
Papua New Guinea

VEGETABLES

Artichoke,
Asparagus, Arugula,
Avocado, Beets,
Broccoli, Caper,
Cauliflower, Crook
Neck Squash,
Cucumber,
Eggplant, Fennel,
Green Beans,
Horseradish,
Jicama, Kale, Leek
Mustard Greens,
Olives, Red Onion
Red Potato, Roma
Tomato, Spinach,
Swiss Chard, Yams
and Watercress

LETTUCE

Butter & Endive

MUSHROOM

Chanterelle
Crimini Porcine
Shitake

SPROUTS

Alfalfa, Broccoli,
Buckwheat,
Fenugreek Sprouts
Mung Bean,
Mustard Seed,
Red Clover,
Wheat Sprouts

FRUITS

Apricots, Banana
Cantaloupe,
Cherry, Coconut
Date, Fig, Guava
Honeydew, Lemon
Lime, Kiwi, Mango
Mandarin Orange
Nectarine, Papaya
Passion Fruit
Peach, Persimmon
Pear, Pineapple
Plum, Pomegranate
Prune, Star Fruit
Tangerine

Grape: (red, blue,
black)

BEANS

Anasazi Beans,
Kidney (dark),
Lima, Red Lentils
Soy, White beans

GRAINS

Amaranth, Barley,
Buckwheat, Corn,
Kamut, Millet,
Wheat

RICE

Basmati
Brown Rice
Wild Rice

BERRIES

Bilberries
Blackberries
Boysenberries
Cranberries
Gooseberries
Hawthorne Berries
Juniper Berries
Mulberries
Loganberries
Raspberries
Red Currants
Strawberries

NUTS / SEEDS

Almond
Anise seed
Cashew
Caraway seed
Fennel seed
Flax seed
Pine nut
Sunflower seed

MEATS / FISH

Buffalo
Lake Trout
Orange Roughy
Salmon
Shrimp

HERB / SPICES

Allspice, Anise,
Bay Leaf, Basil,
Cayenne Pepper,
Chamomile,
Chives, Cilantro,
Cinnamon, Cloves
Cumin, Dill,
Elephant Garlic,
Fenugreek, Ginger
Hawthorne Leaves
Marigold Flowers,
Marjoram, Mustard
Noni, Nutmeg,
Oregano, Paprika
Peppermint,
Rosemary, Sage
Spearmint, Tarragon
Thyme, Tumeric,
Vanilla Bean, Yucca

DAIRY

Almond Milk
Buffalo Milk
Cream Cheese
Feta, Goat Milk
Goat Cheese
Heavy Cream
Rice Dream Milk™
Sheep Cheese,
Sour Cream
Soy Milk, Yogurt

Butter:

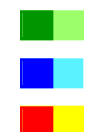
unsalted sweet cream

OILS

Avocado, Corn,
Extra Virgin Olive
Flax seed,
Grape Seed,
Safflower, Soy,
Sunflower

* All oils, cold
expeller pressed

= Good Foods



Ultra Frequency

Low Frequency

Extremely Low

LOW FREQUENCY

Best to eat limited quantities.

VEGETABLES

Bellpeppers, Carrots, Celery, Chili peppers,
Garlic, Radish, Parsley, Pumpkin, Zucchini,
Summer Squash
Lettuce: Head, Romaine, Green leaf
Mushrooms: White, Portobello
Onion: Pearl, Maui, White, Yellow
Potato: Sweet, White, Russet

FRUITS

Green Grapes
Tomato

GRAINS

Rice: White, Jasmine, Quinoa

MISC.

Bleached Flour, Brown sugar, Cane sugar
Oat Flour, Mayonnaise
Processed Foods: (depending on ingredients)
Vinegar: White, Apple Cider

EXTREMELY LOW

Best to avoid these.

FRUITS

Apples, Blueberries, Oranges, Grapefruit
Watermelon

BEANS

Pinto Beans

MEATS/FISH

Anchovies, Chicken, Tuna, Beef, Ham, Pork

OILS

Canola, Cottonseed, Peanut, Vegetable

MISC.

Any Cola Drinks, Liquor, Beer, Black Tea,
7-UP, Chicken eggs, Coca-Cola, Coffee,
Pepsi, Sugar, Mountain Dew, Table Salt, TVP,
White Wine, Oats,
Red Wine: (Less than 7 yrs. old)

MILK PRODUCTS

Butter (salted), Buttermilk, Cottage Cheese,
Cow's Milk & Cheese, Cool Whip, Margarine
Whipping Cream, Velvita cheese

NUTS

Brazilnut, Hazelnut, Peanut, Peanut Butter
Pecans, Walnut

Want to learn more?

www.UltraFrequency.com