

SoulArt Allergy Identification Chart

Row	Column A: Physical Sensitivities	Column B: Emotional/Environmental/Energetic
1	Dairy – milk, cheese, yogurt, whey, casein	Grains – wheat, barley, rye, gluten, oats, spelt
2	Nuts & Seeds – peanuts, almonds, sesame, sunflower	Fruits – citrus, berries, banana, apple
3	Veggies – tomato, potato, eggplant, lentils, beans	Additives – aspartame, MSG, dyes, sulfites, carrageenan
4	Proteins – soy, egg, fish, shellfish, chicken, beef	Beverages – alcohol, coffee, black tea
5	Environmental – dust, mold spores, grass, pet dander	Chemicals/Fragrance – perfumes, detergents, soaps
6	Histamine – DAO deficiency, aged cheese, cured meats	EMFs – phone radiation, WiFi, Bluetooth
7	Emotional Triggers – rejection, abandonment, shame	Stress-Based – anxiety, overwork, panic mode
8	Hormonal – estrogen, cortisol, thyroid, adrenal	Gut Disruption – candida, SIBO, leaky gut
9	Energetic Sensitivity – auric tears, chakra blockages	Animal/Parasites – dogs, cats, mites, worms
10	Mold/Fungi – aspergillus, black mold, mushrooms	Medication/Vaccines – antibiotics, NSAIDs, anesthesia