



TEST DATE:

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COMPATIBILITY

TEST REPORT

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GETTING YOU STARTED

Congratulations on taking the first step towards a healthier, happier you!

Over the next six months we will be working together to rid your body of irritants that may cause suffering and pain, providing it with what it needs for greater well-being.

Step one



Fill in Meal Diary and return it to your Consultant.

The completed diary will give us a detailed look at the foods you are currently eating

Step two



Your Consultant will give instructions on removing the InCompatible foods and replace them with the Compatible foods listed in Black in this report.

Step three



Your corrected Meal Diary will be your food list for the next 4 weeks.

It is Ok to mix any foods in your corrected list. At week 4, consult your Consultant for further instructions.

Clients choose us!

The Compatibility PROGRAM

NOT AN ALLERGY TEST

Foods known to have caused anaphylaxis response, plus any known reactive foods, **SHOULD NOT BE REINTRODUCED**

The Compatibility Programs focal point, is at a much deeper level.

ABOUT THE COMPATIBILITY PROGRAM

The purpose of this test is to correct the underlying problem that is causing your symptoms. This is not an “allergy” or “intolerance test”. There are hundreds of components like fats, sugars and proteins that make up foods and it is impossible to accurately test for these individually as they appear in different combinations. We test whole foods not individual components. Locating “allergic” foods and removing them usually relieves symptoms, but often does not get to the cause. The situation is that some food/products cause the symptoms while others aggravate the symptoms.

These aggravations are what people usually pick up on. The pain is usually severe and immediate.

At this stage there is no technology that we are aware of that can separate these reactions.

This Alternative test is used only through qualified Practitioners.



GREEN VEGETABLES

Asparagus
Beans
Bok choy
Brussel Sprouts
Cabbage
Celery
Choy sum
Kale
Leeks
Lettuce
Olives(All)
Okra
Parsley
Pak choy
Rocket
Silverbeet/Spinach
Shallots/spring onions
Snow Peas
Wombok cabbage

OTHER VEGETABLES

Avocado
Beetroot
Bitter Melon
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Com
Cucumber
Eggplant
Fennel
Globe Artichoke
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Emu
Ham
Kangaroo
Lamb
Pork
Turkey
Venison

SEEDS

Chia
Linseed/flax/oil
Poppy
Pumpkin/Pepitas
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarine
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rockmelon
Watermelon

OILS / FATS

Avocado Oil
Coconut Oil
Ghee
Grape Seed Oil
Macadamia oil
Olive Oil
Rice Bran Oil
Sesame Oil
Sunflower Oil

SEAFOOD

Calamari
Fish (white)
Salmon
Sardine (All)
Shellfish (All)
Tuna

BERRIES Fresh/ Frozen

Blackberry
Blueberry
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

Beer
Bourbon
Brandy
Cider
Gin
Kahlua
Rum
Tia Maria
Vodka
Whiskey
Wine Red/rose
Wine White/champagne

DAIRY Products

Butter
Cream (All types)
Cheese Cows (All)
Cheese Fetta (goat)
Cheese Sheep
Margarine (All)
Milk A2
Milk Full Cream
Milk Skim
Milk Carnation
Milk Goats
Mayo (All)
Mayo Organic
Yoghurt Cows Greek/plain
Yoghurt Sheep

LACTOSE FREE Products

Butter Coconut
Butter Almond
Biocheese Vegan
LF Cheese Liddells
LF Cream Liddells
LF Milk Liddells
LF Milk Zymil
Soy Mayonnaise
Vegenaise
Tempeh
Tofu
Yoghurt Coconut (All)

MILK Alternative

Almond milk
Almond Activ Pure Har.
Coconut milk
Oat milk
Rice milk
Soy milk

EGGS

Duck eggs
Eggs
Eggs(Organic)
Orgran No Egg
Quail eggs

FERMENTED

Kefir(All)
Kimchi (All)
Kombucha (All)
Sauerkraut(All)

SOFT DRINKS

Cola (All)
Fanta(All)
Ginger Ale(All)
Lemonade(All)
 Soda water
 Tonic water

BEVERAGES

Caro
 Coffee (All)
 Chai tea
 Milo
 Ovaltine
 Rooibos Tea
 Tea (black all)

OTHER DRINKS

Cranberry Juice
 Coconut water
 Ribena

HERBAL TEAS

Chamomile Tea
 Dandelion Tea
 Green Tea
 Peppermint Tea

HERBS dried & fresh

Basil
 Chives
 Coriander
 Lemon Grass
 Mixed Herbs
 Oregano
 Rosemary

SPICE-CONDIMENT

Bay Leaf
 Bi Carb Soda
 Baking Powder
 Cajun Spices
 Cardamom
Chilli
 Cinnamon
 Cloves
 Cream of Tartar
 Cumin
 Curry Powder
 Dill
 Fennel Seeds
 Garam Masala
 Garlic

Ginger

Mixed Spice
 Mustard
 Nutmeg
 Paprika
 Pepper (black&white)
 Pepper Cayenne
 Salt (refined table)
 Salt Celtic sea salt
 Salt Herb Vege
 Salt Himalayan
 Salt Rock Salt
 Tarragon
 Thyme
 Turmeric
 Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SAUCES

B.B.Q. sauce(All)
 Fish sauce (All)
 Horseradish
 Macro Organic Passata
 Oyster sauce (All)
 Soy sauce (All)
 Soy Tamari sauce (All)
Soy Coconut amino non
Sweet Chilli sauce (All)
 Tomato sauce (All)
Tomato Paste (All)
 .
 Worcester sauce

DRIED VEGETABLES

Chick Peas (All)
 Coconut
 Lentils (All)
 Split Peas

STOCK/GRAVY

Beef stock Aus Own org
 Beef Stock (Massel)
 Beef Stock Campbell
 Bonox
 Chicken Stock Massel
 ChickenStockCampbell
 Vege stock Aus Own org
 Vege Stock Massel
 Gravox (All)
 Gravy mix Massel
 Gravy Mix Orgran
 Miso (All)

SUGARS/ Sweeteners

Erythritol
 Stevia
 Honey
 Honey Manuka
 Mesquite powder
 Sugar Brown
 Sugar Raw
 Sugar White
 Sugar Coconut
 Sugar Palm
 Syrup Agave
 Syrup Coconut
 Syrup Golden
 Syrup Maple
 Syrup Rice malt (All)
 Xylitol

RICE

Orgran Rice Pasta
 Orgran Rice-Corn Pasta
 Rice Brown (All)
Rice White (All)
Rice noodles

PASTA/PASTRY

GF Pasta Barilla
 GF Buon Tempo
 GF Pasta San Remo
 Pasta (Durum wheat)
 Buckwheat Spirals Orgran
 Buckwheat San Remo
 Lasagne Sheets Macro Org
 Puff pastry
Wheat Noodles

CRACKER/CRISPBREAD

Mary's Gone crackers GF
 Orgran Buckwheat Crisp brd
 Orgran Multi Crisp brd
Sao
 Rice crackers
 Seaweed crackers
Vita Weat original

SPREAD/PASTE

St Dalfours GF jam
 Vegemite/ Ozemite

SPREADS continued

ABC spread Melrose
 Coco Hazlenut Pure Harv
[Hommus](#)
 Tahini (All)
 Vege spread Freedom

BREAKFAST CEREALS

[Cornflakes \(All\)](#)
 Goodness Cereals (All)
[Just Right Original](#)
 Oat Bran
[Rolled Oats](#)
[Vita Brits](#)
[Weet Bix](#)
 Special K
 A.B. Buckwheat & quinoa
[Abundant Earth Corn Puff](#)
 Carman's Muesli (Bircher & Toasted)
 Crunchola Apple & Blue
 Free & Low Muesli
 Lowan Rice Porridge
 Millet Puffs
[Polenta](#)
 Oats GF
 Weet-Bix GF

BREADS Supermarket

[White](#)
[Wholemeal](#)

GRAIN BREAD

[AG Vital bread](#)
[Burgen Soy-Lin](#)
[Macro Ancient grains sprouted](#)
[Multigrain bread](#)

SPELT BREAD

[Alpine Spelt & Sprout grain](#)
[Ancient Grain Tigris Spelt](#)
[Bakers Delight Spelt bread](#)
[Bodhi's Dinkle wholegrain](#)
 Healhty bake WM Spelt
 Kamut bread
 Naturis organic spelt
 Sprouted Spelt Dinkel.

RYE BREAD

[Bodhi's Wupper](#)
 Burgen Rye bread
 Helgas Light Rye
 Abbott's Rye
 Pumpnickel

SOURDOUGH BREAD

Alpine Spelt & Barley
[Bill's Org 100% Spelt SD](#)
[Brasserie Sourdough](#)
[Coles Laurent sourdough](#)
[Healthybake FH Rye](#)
 New Norcia Spelt
 Strange Grains Buckwheat
 Zeally Bay Sourdough

SPROUTED BREAD

[Bodhi's mixed grain](#)
[Pure Life Sprouted Spelt](#)
 ESSENE sprouted bread
 Pure Life Bio.D. Ezekiel 4:9

GLUTEN FREE BREAD

Abbots Mixed Seeds GF
 Bodhi's GF Chia Linseed
 Bodhi's GF Multi Grain
 Bodhi's GF Yeast free
[Bodhi's Lupin loaf](#)
 Burgen GF Soy Lin
[Burgen GF sunflower & chia](#)
 Burgen GF White
 Country Life gluten & dairy Free
[Country Life Yeast gluten free](#)
 Helgas GF bread
 Moores GF yeast free
 Naturis GF rice loaf
 Woolworth Free from Gluten (All)
 Strange Grns GF Sorg. Buckw.

OTHER BREAD

[Bakers Delight Low Fodmap](#)
 Naturis Buckwheat bread
 Venerdi Paleo Almd. Linseed
 Venerdi Paleo Super Seed

WRAPS/BASES

Corn tortilla
 GF wraps
 Plain wheat wraps
 Quinoa wraps
 Rice Thins
 Rice Paper wraps
 Spelt wraps

BARS

Carman's Muesli bar
 Carmens Dark Choc blueberry
[Go Natural Fruit & Nut bar](#)

FLOURS

Flour Amaranth
 Flour Arrowroot
 Flour Banana
 Flour Barley
 Flour Besan
 Flour Buckwheat
 Cornflour [wheat free]
 Flour Cassava
 Flour Coconut
 Flour GF SR
 Flour GF Plain
 Flour Potato
 Flour Quinoa
 Flour Rye
 Flour Sorghum
 Flour Spelt
 Flour Wheat Plain & SR

CRISPS

Macro org Corn chips
 Macro Root Vege chips
 Vege Chips LENTILS

GLUTEN FREE

Organ Custard powder

CHOCOLATE / SWEETENERS

Cacao Butter
 Cacao raw powder
 Carob
 Chocolate (Lindt)
[Chocolate \(Cadbury\)](#)
 Chocolate (Dove)
 Chocolate (Haigs SA)
 Chocolate (Nestle)
 Chocolate (Sweet William)
 Frey Dark Choc
 Green & BlackOrgDarkChoc
 Liquorice
 Loving Earth Choc
 Loving Earth Dk Org Choc
 Pana Chocolate

HEALTH SHOP Products

Acai powder
 Bentonite clay
 Black seed (nigella)
 Bone broth (All)
 Beef Gelatin/collagen
 Barley Grain
 Bean Adzuki
 Bean Borlotti
 Bean Broad
 Bean Cannellini
[Bean Kidney](#)
[Bean Lima](#)
 Blackstrap Molassas
 Braggs All purpose seasoning
 Coconut MCT Oil
 Camu Camu
[Cous Cous](#)
 Cranberries Dried
 Diatomaceous Earth FG
 Dulse (All)
 Falafel

HEALTH SHOP Products cont.

Goji Berries
Almond Meal
 Hemp seed
 Hemp seed oil
 Hemp Protein powder
 Flaxseed meal
 Maca Powder
 Millet Grain
 Nori
 Nutrition Yeast(All)
 Quinoa Grain
 Wakame Flakes

COMMON SUPPLEMENTS

Aloe Vera
 Barley Green
 Chlorella
Fish oil (commercial)
Fish Oil (Practitioner)
 Oregano Oil
 Krill Oil
Psyllium
 Slippery Elm Powder
 Spirulina
 Wheat grass

PROTEIN POWDER

Pea Protein powder
 Rice Powder
 Whey concentrate
 Whey Protein Isolate

NATURAL HOME products

A bit hippy bubble bath
 A bit hippy Deodorant
 A bit hippy Eczema Cream
 A bit hippy sham/cond
 Abode bathroom cleaner
 Abode dishwashing liquid
 Abode floor cleaner
 Abode Laund liquid
 Abode laundry powder
 Abode surface spray
 Abode toilet gel
 Abode wool and delicate liquid
 Bodytalk Cleanser envirocare
 Carrot Sun Papaya oil
 Cleopatra Bath Milk
 Dr Bronners shav gel
 Earth choice Dish Liquid
 Earth choice Fabric Softener
 Earth choice Floor-surface
 Earth choice Laundry liquid
 Earth choice Multi Purpose spray
 Earth choice Wool Mix
 Ecosense Laundry liquid
 Ecostore Laundry powder

NATURAL HOME products cont.

Ecostore Dish Liquid
 Hurraw Lip Balm
 Jojoba oil
 Lavender oil
 Melrose massage oil
 Moo Goo Conditioner
 Moo Goo Eczema Cream
 Moo Goo Milk Wash
 Moo Goo Shampoo
 Moo Goo Deodorant
 Moo Goo Sunscreen
 Nat Instinct Body wash
 Neem soap
 Org Care Conditioner
 Org Care Shampoo
 Org Care 3 in 1
 Shampoo (Alchemy)
 Soapnuts
 Soleo Sun screen
 Tea tree oil
 Weleda, Everon Lip Balm
 Wotnot SPF 30+

BATH CHEMICALS

Lux Body Wash
 Palmolive Shower Milk
 Shampoo Baby (Johnsons)
 Head & Shoulders
 Shampoo Pantene
 Shampoo Wella Balsam
 Shaving Foam Gillette
 Shaving Gel Nivea
 Soap Pears
 Soap Dove
Talcum Powder

LAUNDRY Products

Bio Zet
 Bleach
 Cold Power
 Dynamo
 Fabric Softener(all)
Lux Flakes (laundry)
Napisan
 Omo
Radiant
 Sard Wonder Soaker
 Wool Mix M.Gardner

KITCHEN Products

Ajax Spray & Wipe
Exit Mould
Insect Spray (All)
 Jif
Morning Fresh
Palmolive Dish Liquid
 Pine-O-Cleen

DEODORANTS

Body Choice Natural
 Crystal Stick
 Dove
 Mum
 Rexona Sport
 Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day
 UV Triplegard
 Coles every day
 Cancer Council

TOOTHPASTE

Colgate (all types)
McLeans (all types)
 Sensodyne
 Steradent
 Activated Charcoal
 Grants Herbal
 Jack and Jill
 Red Seal
 Silicea silica
 Thieves
 Vicco Herbal

HAIR/FIBRES

Bamboo
 Cotton
 Mixed Feathers
 Polyester
 Wool

METALS

Aluminium
 Gold
 Mercury
 Silver

OINTMENTS

Calendula (M&P)
 Comfrey (M&P)
 Sorbolene

PETRO CHEMICALS

Cigarette Smoke
 Diesel
 Engine oil
 Kerosene
 Methylated Spirits
 Petrol

MISCELLANEOUS

Special K Gluten Free
Heinz Baked Beans Tom Sauce
SPC Baked Beans Tom Sauce
 Lugol
 Inner Health Plus
 Ammodine
 Anchovies
 Octopus
 Sage
 Black Beans
 Broccoli Sprouts
 Carmens Pepita Poppy Crackers
Edamame beans
 Natures Kit. Meat Free Sausages
 Naturli Plant based mince
 Olina's Seeded Crackers
 Pana Ice cream vanilla
 San Remo Pulse Pasta Red Lentils
 Vege Delights Bacon Style Rashers

6 MONTH PROGRAM

SEE THE DIFFERENCE

Simply follow this quick two-step process:



Step 1 - Mark the percentage by which you feel each symptom has improved (relative to the commencing the program). Please bear in mind that some symptoms might get worse before they get better. If this happens, don't be discouraged, — make a note of it and talk to your Consultant about any concerns you may have.

Step 2 - Return completed form to your Consultant to discuss these results at your next appointment.

This report allows you to monitor your progress while you are following the Compatibility Program. As time goes by, it becomes increasingly difficult to recall exactly how you were feeling.

Filling in this table will give you a tangible way to plan your recovery.

This will keep you motivated to stick with the program and help you see how your body is responding to the program.

You will also be able to tell with greater certainty whether your symptoms are easing.

It only takes a few minutes at most each week, and you will be amazed at the results.

PROGRESS REPORT

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Heartburn	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Eczema	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Concentration	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Food intolerances	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Constipation	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Tiredness	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%

Consent Form

I give permission for my case history to be used for statistical and marketing purposes. I understand that none of my personal detail will be forwarded to any other party without my permission

SIGNATURE:

QUESTION AND ANSWERS



HOW MUCH HAIR IS NEEDED?

Approximately ½ tsp cut from any part of the body. If no hair, use saliva on a cotton bud.

Place in a small plastic zip lock bag.

DOES IT MATTER IF MY HAIR IS COLOURED?

No, the equipment is calibrated to suit each hair sample.

HOW DOES THE EQUIPMENT WORK?

This equipment works on the electrical systems of the body. Every cell in the body requires electrical stimulation to function correctly. Incompatible foods and products can interfere with this electrical stimulation. All cells in creation have their own electro-magnetic signature. The electromagnetic field in the hair and the electromagnetic field of each food and product are brought together and either attract (COMPATIBLE) or repel (INCOMPATIBLE). The equipment is calibrated to a level which displays this on a computerized graph through a unique system of equipment and software.

HOW DOES THIS TEST DIFFER FROM THE SKIN PRICK AND BLOOD TESTS?

Those tests relate to allergy type symptoms. Underlying allergy or allergic symptoms there is usually a compromised immune system. (Poor cellular function)

Compatibility testing is designed at a level where we test for foods and household products that compromise cellular function. Poor cellular function leads to inflammation which is involved in most dis-ease states. The Compatibility test is testing at a much deeper level.

IS THIS AN ALLERGY TEST?

No, this is a compatibility test which tests for food and products that are either incompatible or compatible with each individual.

WHAT PROBLEMS MAY I ENCOUNTER WHEN I START THE PROGRAM?

On rare occasions it is possible to experience symptoms of elimination such as bad breath, coated tongue, excess mucus, gunk in the eyes etc. This depends on the level of toxicity associated with the condition.

Skin conditions may get temporarily worse, because skin is a large eliminatory organ.

Always talk to your Consultant if any of these symptoms happen.

HOW LONG BEFORE I SEE RESULTS?

Usually symptom relief can occur in 3-10 days as the inflammation settles.

By the end of 4 weeks the body is in repair process stage.

Results may vary on the severity of symptoms.

WHY DO I NEED TO ELIMINATE THE FOOD IN RED FOR 6 MONTHS?

Excess inflammatory mediators in the bloodstream can cause inflammation. Some inflammatory mediators live up to 120 days. To cover all scenarios and gain the maximum benefit for the client it is recommended a minimum of 6 months. Our experience has shown up to 75% improvement in symptoms at the 4-week stage is quite common. However, there can be some tissue damage which requires the body to need more time to repair. This is why we recommend a minimum of 6 months on the programme and then retest. Some items will take longer depending on compliance, others may never correct depending on the amount of tissue damage.

WHY CAN I ONLY EAT THE FOODS REMAINING IN BLACK ON THE LIST?

Every food or product that is not on the list is assumed as being incompatible to the body unless individually tested. This applies to other brands as well.

Eating as little as one incompatible item three times a week can slow down or stop the repair process.

HOW DO I REINTRODUCE THE FOODS THAT HAVE BEEN ELIMINATED?

There is a very strict procedure for reintroducing corrected items to help lower the risk of rebound. Reintroduction must be guided by your practitioner. We recommend retesting between 6 and 9 months. Full retest instructions are included in the Retest Report.

AFTER 6 MONTHS THE RETEST STILL HAS SOME OF THE SAME FOODS PLUS A FEW EXTRAS ONES. WHY IS THIS?

The original sample is tested on symptomatic level (the red zone) which rates between 60-80 on our scale. Under 60 the item is incompatible. During the 6 months it is very possible for the items at borderline level to present in the red zone. If previous foods in red are now in black it is recommended to slowly reintroduce this food to avoid a rebound of this item.

IS IT NECESSARY TO GET A RETEST?

If you reintroduce a food that has not corrected, symptoms may return and often be much worse. There is a likelihood that this could undo all what has been gained on the program. Retesting is recommended between 6 and 9 months. We find that around 75% of incompatible items will correct at this point. Some will remain and may take up later on. There may be a few new ones. The new ones are added to your first list for another 4 weeks. After the 4 weeks we have a very strict protocol for reintroducing corrected items.

MY RETEST HAS LITTLE IMPROVEMENT, WHY IS THIS?

Firstly, improvement is very dependent on the instructions being followed very strictly for the full 6 months. Secondly it could mean the body just needs more time. At this stage other influences such as viruses, parasites, and heavy metals may present and need to be dealt with. The major plus of this program, is it allows the body to heal in the order it wants to heal. For example, the main symptom may be headaches and minor symptoms, bloating, constipation and muscle aches. While on this programme the body will determine which ailment improves first, therefore the headache may be the first to go or the last symptom to go. When we treat ourselves symptomatically like taking a Panadol for the headache, we will get temporally relief only because the underlying cause has not been addressed.

IS IT NORMAL FOR MY SYMPTOMS TO GET WORSE?

It is possible to experience elimination symptoms such as bad breath, coated tongue, excess mucus loose bowels etc. This depends on the toxicity level associated with your condition. Skin conditions may get temporarily worse, skin being a large eliminatory organ.

WHY CAN I EAT POTATOES BUT NOT POTATO FLOUR OR CORN BUT NOT CORN FLAKES?

Processing and cooking changes the structure of the food. Synergism also plays a major part.

This means that a food or food component may test incompatible on its own but when cooked or mixed in with other ingredients that process can change the original reactivity.

Whole foods are tested; this means foods are tested as you eat them. E.g. 28 different species of tomatoes raw and cooked are tested under the item tomato.

WHY CAN I EAT COMMERCIAL CAGED EGGS BUT NOT ORGANIC EGGS?

The eggs composition will reflect what the hens are eating.

CAN I EAT ORGANIC MEAT IF MEAT COMES UP IN RED?

No, organic meat is included in the meat test.

WHY AM I FEELING UNWELL WHEN I EAT CHOCOLATE YET IT IS IN BLACK ON MY LIST?

It is possible the body is not digesting it well at this stage or elevating sugar levels. Mostly this situation corrects by the end of the program.

WILL THIS HELP ME TO LOSE WEIGHT?

Some people do experience weight loss on this program. The program assists the body to detox/eliminate better.

CAN I GET MY BABY TESTED?

Yes, the youngest baby we have tested was 2 days old. We do have specific protocols for conception, pregnancy and babies. Refer to your Consultant.

CAN I HAVE EXTRA ITEMS TESTED?

Yes. Ask your Consultant. A new hair sample will also be needed.

MY PET SUFFERS A SKIN CONDITION CAN I HAVE IT TESTED?

Yes. We have a pet test list as well. Ask your Consultant for details.

MY WIFE IS FROM ANOTHER COUNTRY AND COOKS DIFFERENT FOOD TO WHAT IS ON YOUR STANDARD LIST. DO YOU HAVE OTHER FOOD LISTS?

Yes, we have other lists including: United Kingdom, America, Dubai, Singapore/India, New Zealand. Other countries can be arranged. For your pets we have an Animal test.

I SUFFER FROM HAYFEVER TO DUST AND POLLUTANTS. HOW DOES ELIMINATING FOOD IN MY DIET HELP THIS CONDITION?

Eating incompatible food can cause inflammation of mucus membranes including the membranes in the throat and nose. When inhaling dust, fuel, perfumes etc these irritate the already swollen sensitive mucus membrane which may lead to Hayfever/sinus symptoms. When the incompatible foods are removed, it reduces the swelling therefore making the external environment more tolerant.

WHAT IS IRRITABLE BOWEL SYNDROME AND HOW WILL THIS TEST HELP ME?

IBS is an area of inflammation in the bowel. This program is focused on finding which food and products are causing inflammation leading to IBS.

I'VE TRIED A LOT OF DIFFERENT THINGS TO GET RID OF MY SKIN RASH AND NOTHING HAS HELPED SO FAR. HOW WILL THIS TEST HELP SKIN CONDITIONS?

Inflammation is common to most skin conditions. Skin conditions can be caused/aggravated by constipation. By improving elimination, we are assisting the skin to repair. This program is focused on finding which food and products are causing the inflammation.

I HAVE ELIMINATED DAIRY, PROCESSED FOODS, WHEAT AND SUGAR PRODUCTS IN THE PAST AND STILL FELT UNWELL. HOW WILL THIS TEST HELP ME?

Often wheat, sugar and dairy aggravate symptoms. Eating incompatible foods works collectively and we need to eliminate **all** to be effective. Eating one incompatible food three times a week is enough to cause inflammation and stop the repair process.

CAN YOU TEST MAKEUP AND SKINCARE PRODUCTS?

Yes. If you are not progressing well enough at the 4 week stage your Consultant can determine if further testing is necessary.

SHOULD I TAKE SUPPLEMENTS WHILE I AM ON THIS PROGRAM?

Your Consultant will advise on which supplements you need.

I AM FEELING BETTER CAN I COME OFF MY MEDICATIONS?

Seek advice from your prescribing practitioner before stopping or reducing supplements and medications.

WHAT IF I AM EATING OTHER FOODS NOT ON YOUR LIST?

Every food or product that is not on the list is assumed as being incompatible to the body unless individually tested. Eating as little as one incompatible item three times a week can slow down or stop the repair process.

RESULTS



As we are starting at a sub-clinical level, it can take time for some symptoms to disappear.

The technique is based on the way in which the food and products benefit the individual person.

Each person is unique and with this applies the, 'one size does not fit all' philosophy when it comes to food and household products.

Some people see symptom relief in a few days, while others have taken 6 – 8 weeks.

It all depends on how compliant you are with your Consultant's instructions and how much repair work has to be done at cellular level.

Compatible supplements, creams and medications may be prescribed to give symptomatic relief until the immune symptom corrects and deals with the problem.

Other factors (such as parasites, viruses, and heavy metals) can impact on the immune system as well and may have to be addressed. Ask your consultant.

PROGRESS – RE-ASSESSMENT while ON the PROGRAM

At different stages the Consultant will be able to assess your progress, and assist your experiences whilst on the program. Our aim is to have a good measure of symptom relief.

If you are not progressing well enough, the Consultant may look at other factors or simply give it more time for your body to repair and ask you to fill out another Progress Report.

It takes a minimum of six months for your body to repair. In the case of severe tissue damage, it may take even longer.

The number and frequency of follow-up consultations will be determined by your individual needs

COMPATIBILITY RETEST VOUCHER

RECOMMENDED BETWEEN SIX AND NINE MONTHS

To gain the most benefit from your Compatibility Program, it is important to retest between six and nine months from the time you started. This helps your Consultant to determine how your body is responding to your program, and to determine if any further modifications or other therapies are necessary at this stage.

We have found that, on average, 75% of foods and household products will correct within 6 months, however, some items take longer. If items are re-introduced too early, or too many at a time, there is a high risk that symptoms will return. In addition to telling you which foods/ products can be re-introduced, your retest report provides important information about how and when to re-introduce these foods/ products.

Get the most from your efforts in the program - Contact your Consultant to order your retest before the date indicated below. If Retests are done after 9 months, the body may have changed and it will be necessary to start the program again.

Contact your Wellness Consultant for Reduced Retest Fee.

Liz Gibbs

Expiry Date: 20/9/2023

Keep this
Voucher!

Hair sample

Please also provide a hair sample big enough to cover the shaded area or saliva sample.
(Hair colours, perms, and medications DO NOT affect results)



PAYMENT DETAILS

Card Number:

Cardholder Name: _____

Credit Card Type: ☒ MasterCard ☒ Visa

Expiry Date ____ / ____ CVV ____

Signature: _____