



Australia's food & product compatibility analysis experts

# Compatibility Report



Prepared For

**Duwarne  
Beasley**



Date 4 Oct 2024



Practitioner

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# ABOUT US



40 years in the making



Specialised care throughout your journey



Qualified practitioners Australia & worldwide

The FoodFit Compatibility System, is the result of over forty years of research and development by qualified Health Practitioners.

Our Naturopathic approach program is trusted and used in more than 20 countries by qualified Consultants.

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.

Each individual has his/her own nutritional and energy requirements.

Have you noticed that some foods give you good energy while others seem to drag you down and aggravate existing symptoms?

Compatibility Hair Analysis is about finding local food and household products that suit the individual.

It is not based on Nutritional advice nor is it a Medical program designed to treat diseases. This 6 month Program follows the principle,

**“Feed the body correctly and allow the body to repair itself”**



## FoodFit

**“Australia's food & Product Compatibility analysis experts”**

# GETTING STARTED



## CONGRATULATIONS

Duwarne

On starting your journey to a healthier, happier you!

In the next six months, we will combine effects to eliminate irritants from your body that may lead to discomfort and pain, while supplying it with essential components for improved well-being.

## CLIENTS CHOOSE US!

### STEP ONE

Complete the Meal Diary and return it to your Consultant. The filled-out diary will provide us with a comprehensive overview of the foods you are presently consuming.

### STEP TWO

Your Consultant will provide guidance on eliminating the InCompatible foods and substituting them with the Compatible foods highlighted in black within 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.

# ABOUT THE COMPATIBILITY PROGRAM



## **THIS IS NOT AN ALLERGY/INTOLERANCE TEST**

Foods known to have caused anaphylaxis response, plus any known reactive foods.

### **SHOULD NOT BE REINTRODUCED**

The focus of the Compatibility Programs delves deeply into the issue.

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.

Currently, there is no known technology that can differentiate these reactions. This alternative test is exclusively administered by qualified Practitioners, monitoring your progress to ensure your best outcome.



Name: Duwarne Beasley

Date: 4 Oct 2024

### 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  
Mayonnaise(All)  
Mayonnaise 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)

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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)  
 Beerenberg Chipotle&Maple  
 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

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SPREADS continued

Everymite  
 Coco Hazlenut Pure Harv  
 Hommus  
 Tahini (All)  
 ABC spread Melrose

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  
 Orgran Quinoa 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  
*Healthybake 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 fruit free bar  
 Carman's Dark Cranberry  
 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

Orgran Custard powder

CHOCOLATE / SWEETENERS

Cacao Butter  
 Cacao plain powder  
 Carob  
 Chocolate (Lindt)  
*Chocolate (Cadbury)*  
 Chocolate (Dove)  
 Chocolate (Haigs SA)  
 Chocolate (Nestle)  
 Chocolate (Sweet William)  
 Frey Dark Choc  
 Pico Super dark Choc  
 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



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HEALTH SHOP Products cont.

Goji Berries  
Almond Meal  
Hemp seed  
Hemp seed oil  
*Hemp Protein powder*  
Flaxseed meal  
Maca Powder  
Millet Grain  
*Nori*  
*Nutritional 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  
Vico 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 Iodine  
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

# PROGRESS REPORT

Duwarne Beasley

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Rashes / Itchy Skin	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%
NOTES				
	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%
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NOTES				
	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

SIGNATURE:

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

# FEEL THE DIFFERENCE



## STEP 1

Assess each symptom's improvement percentage compared to the start of the program. Keep in mind that some symptoms may worsen initially. If so, don't be discouraged, take note and discuss with your Consultant.

## STEP 2

Submit the completed form to your Consultant for review during your next appointment.

This tool enables you to track your progress on the Compatibility Program. Over time, it can be challenging to recall your initial symptoms. Completing this table provides a concrete way to track your recovery progress, keeping you motivated and highlighting how your body responds to the program. It allows you to determine more accurately if your symptoms are improving. It only requires a few minutes weekly, yielding impressive results.

**SIMPLY  
FOLLOW  
THIS  
QUICK  
TWO-STEP  
PROCESS:**

# RESULTS



The Consultant will evaluate your progress at various stages and support your journey.

The goal is to achieve significant relief from symptoms.

If progress is not satisfactory, the Consultant may explore other factors, or simply suggest allowing more time for your body to heal, potentially requiring you to complete another Progress Report.

It typically takes a minimum of six months for the body to repair itself, and in cases of severe tissue damage, the process may take even longer.

The frequency and number of follow-up consultations will be tailored to your specific requirements.

## PROGRESS - RE-ASSESSMENT WHILE ON THE PROGRAM

Starting at a sub-clinical level means that it may take time for certain symptoms to fade away.

The approach is centered on how food and products can benefit each person individually.

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

While some individuals experience relief from symptoms within a few days, for others, it may take 6 to 8 weeks. The timeframe depends on how well you adhere to your Consultant's guidance and the extent of cellular repair needed.

Supplements, creams, and medications that are compatible may be recommended to alleviate symptoms until the immune system can address the underlying issue. Additional factors like parasites, viruses, and heavy metals can also affect the immune system and may require attention. Your consultant can provide further information.

# QUESTIONS 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.



# QUESTIONS AND ANSWERS

## 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.

# QUESTIONS AND ANSWERS

## **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.

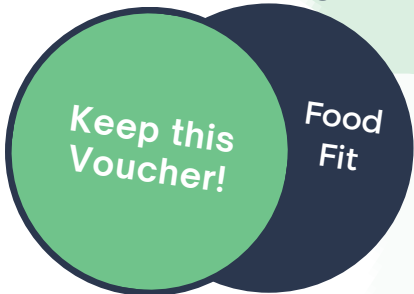
# COMPATIBILITY RETEST VOUCHER

For optimal results from your Compatibility Program, it is crucial to undergo a retest between six and nine months after initiating the program. This allows your Consultant to assess your body's response to the program and determine if any additional adjustments or therapies are needed.

Typically, around 75% of foods and household products show improvement within six months, but some may require more time. Reintroducing items too soon or in large quantities can lead to a resurgence of symptoms. Your retest report not only identifies which items can be reintroduced but also provides guidance on how and when to do so.

Maximise the benefits of the program by contacting your Consultant to schedule your retest before the specified date. If you wait beyond nine months for the retest, changes in your body may necessitate starting the program anew.


**Contact your FoodFit Consultant for Reduced Retest Fee.**



Duwarne Beasley

Expiry Date: 4/7/2025

## 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: