



Australia's food & product compatibility analysis experts

Compatibility Report



Prepared For

**Gada
Abdulghani**

Date 4 Oct 2024



Practitioner

Julie Landon
391 Crown Street
julie@julielandonnutrition.com

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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

Gada

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.

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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
Corn
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

Gada Abdulghani

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Bad Breath	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				
Bloating	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%
Brain Fog	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%
Flatulence	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%
Thrush	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%
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.



Gada Abdulghani

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: