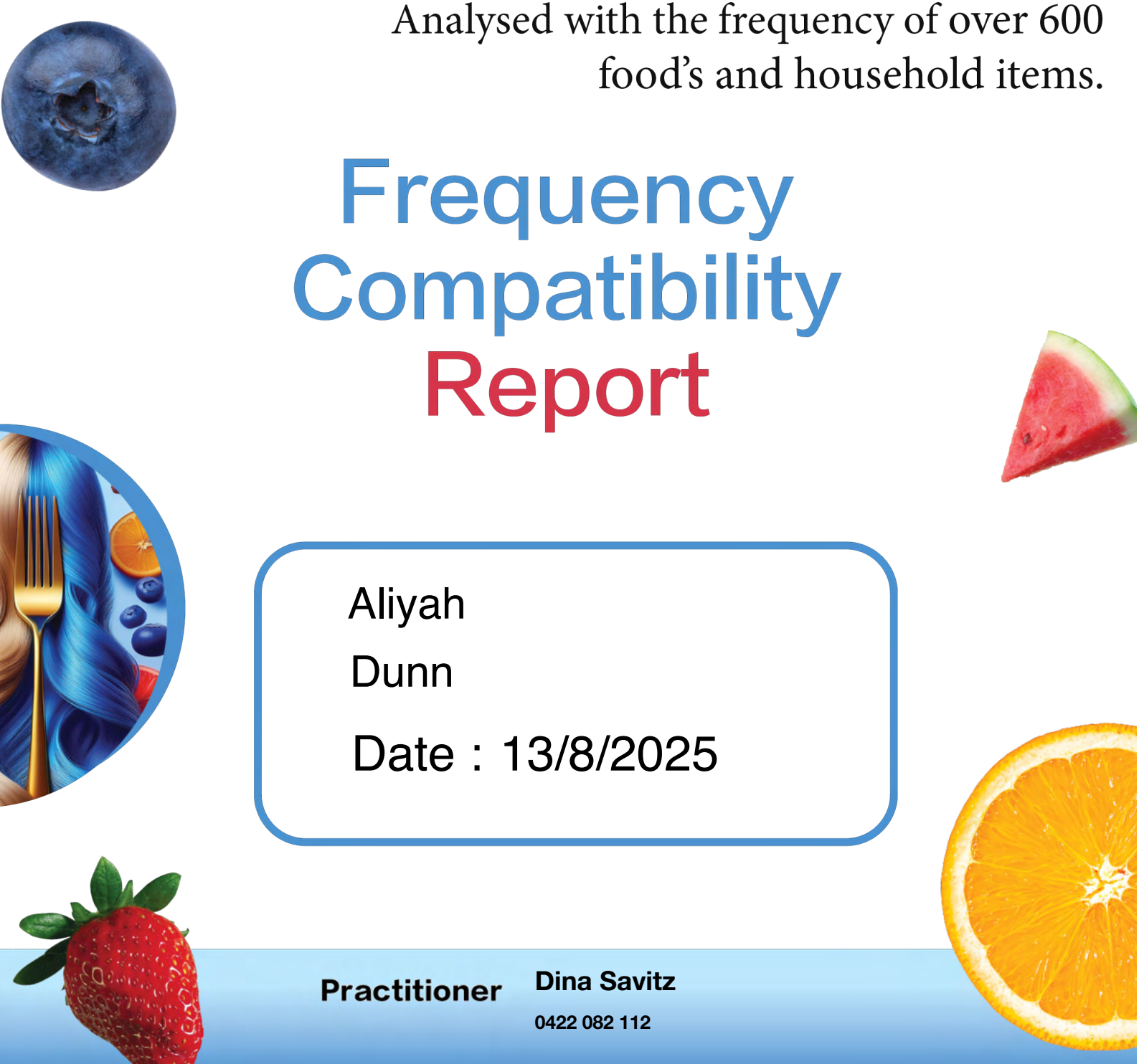




HairSense NUTRITION

Personalised Nutrition through Hair Analysis

Analysed with the frequency of over 600
food's and household items.



Frequency Compatibility Report

Aliyah

Dunn

Date : 13/8/2025

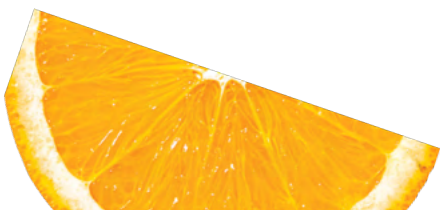
Practitioner **Dina Savitz**

0422 082 112



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HairSense

ABOUT US

HairSense

“Supporting the body’s natural intelligence by identifying and removing frequency-based stressors- restoring balance, reducing inflammation, and empowering personalised healing”



HairSense Nutrition–Personalised Wellness Through Compatibility Analysis

At HairSense Nutrition, we understand that no two people are the same. Your body has its own unique frequency and way of responding to the frequency of different foods and household products. That’s why we take an individualised approach, helping you discover what best supports your overall well-being.

Using a non-invasive hair analysis technique, our system identifies which everyday foods and products are most compatible with the frequency of your body at this point in time. Rather than following a generalised diet plan, this method focuses on personal compatibility—because what works well for one person may not be suitable for another. This information can then be combined with further dietary advice from your practitioner, so you create a way of eating that is specific for your body.

Many people notice that some foods make them feel energized and balanced, while others may leave them feeling sluggish or unsettled. It’s not about what is considered “healthy” or “unhealthy” but rather about understanding which foods and products are right for you as an individual.

This six-month program is not a medical or nutritional treatment but rather a supportive tool to help you make choices that align with your body’s unique needs. Our guiding principle is simple: “Supporting the body’s natural intelligence by identifying and removing frequency-based stressors- restoring balance, reducing inflammation, and empowering personalised healing”



Our program has 20 years of research plus 3 generations of equipment development



The latest up to date technology and equipment



Support and guidance from your qualified Practitioner



CONGRATULATIONS

Aliyah

on taking the first step towards better well-being. Over the next six months, you will be making positive changes to support your body. Supporting the body's natural intelligence by identifying and removing frequency-based stressors- restoring balance, reducing inflammation, and empowering personalised healing”

Preferred by those who value personalised wellness

FOLLOW THE STEPS

STEP ONE

Read through the list of items tested with your practitioner. The items in red will need to be removed from the diet or household for 6 months. Your practitioner will discuss suitable replacements with you.

STEP TWO

Complete the meal diary every 4 weeks while you are making changes. Record any symptoms positive or negative. Complete the % improvement form as well.

STEP THREE

See your practitioner by week 4. Take in your meal diary and % improvement report. If you haven't completed this homework, still see your practitioner and they will support you through the program. Ideally see your practitioner monthly for support and at the 6 month mark, you may choose to retest.

ABOUT THE FREQUENCY COMPATIBILITY PROGRAM



This program supports wellness and is not intended as a substitute for medical allergy testing

If you have foods that have previously caused an allergic reaction or an immediate response, they should not be reintroduced. These foods have a high reactivity level for your body and must continue to be avoided. Our testing focuses on identifying foods and products that may be incompatible at a lower level, but it does not replace medical allergy testing or advice.

This program is designed to help identify foods and products that may be placing stress on your body. It is not an allergy or intolerance test. Many people already know which foods trigger immediate allergic reactions or strong responses, but ongoing discomfort and symptoms can often be harder to trace back to a specific cause.

Everyday foods contain a complex mix of fats, proteins, and sugars, which appear in countless combinations. Rather than isolating individual components, we assess whole foods and products to determine their compatibility with your body. While highly reactive foods can cause obvious symptoms, others may contribute to imbalances over time. These lower-level effects are what we focus on, as they can still impact overall well-being.

Do you have certain foods and you are fine but the next day you have them, you are not? This is when foods are affecting you at a lower level, but it builds up over time causing inflammation.

This program offers an alternative approach, guided by qualified practitioners who monitor your progress and provide support, tailored to your individual needs.

Disclaimer: This program is not a substitute for medical advice or treatment, nor is it designed to replace guidance from a qualified healthcare professional. We do not diagnose, treat, cure, or prevent any medical conditions. The information provided is for general well-being and personal insight only. If you have any health concerns or medical conditions, we strongly recommend seeking advice from a qualified healthcare practitioner. Following this program is a personal choice, and we cannot take responsibility for any decisions made outside our provided guidance.

Name: Aliyah Dunn

Date: 13/8/2025

Vegetables

Asparagus

Avocado

Beans

Beetroot

Bok Choy

Broccoli

Brussel Sprouts

Cabbage

Capsicum Green

Capsicum Red

Capsicum Yellow

Carrot

Cauliflower

Celery

Corn

Cucumber

Eggplant

Fennel

Kale

Leek

Lettuce

Mushrooms

Olives

Onion

Onion - Purple

Pak Choy

Parsnip

Peas

Potatoes white

Pumpkin

Rocket

Snow Peas

Spinach

Spring Onion/Shallots

Squash

Swede

Sweet Potato

Tomato

Turnip

Wombok Cabbage

Zucchini

Sprouts

Alfalfa

Bean Sprouts

Lentil Sprouts

Mustard Sprouts

Pea Sprouts

Broccoli Sprouts

Snow Pea Sprouts

Sunflower Sprouts

Chickpea Sprouts

Wheatgrass Sprouts

Stocks

Gravox

Beef Stock - Real Stock

Mushroom Stock - Real Stock

Bonox

Chicken Stock - Massel

Chicken Stock - Real Stock

Vege Stock - Massel

Vege Stock- Real Stock

Beef Stock - Massel

Broths

Beef Bone Broth

Chicken Bone Broth

Vegetable Broth

Seeds

Chia Seeds

Flax seeds

Hemp Seeds

Pumpkin Seeds

Sesame Seeds

Sunflower Seeds

Fruit

Apples Green

Apples Red

Apricots

Australian Paradise Pears

Banana

Blueberries

Cherries

Coconut Whole

Dates

Grapefruit

Grapes Black

Grapes Green

Grapes Red

HoneyDew Melon

Kiwi Fruit

Lemon

Lime

Lychee

Mandarin

Mango

Nectarine

Orange

Papaya

Passionfruit

Paw paw

Peach

Pears

Name: Aliyah Dunn

Date: 13/8/2025

Pineapple

Plum

Rockmelon

Raspberries

Strawberry

Watermelon

Nuts

Almond

Brazil Nuts

Cashews

Chestnuts

Macadamia

Walnuts

Pistachios

Meat

Bacon

Beef

Chicken

Duck

Kangaroo

Lamb

Leg Ham

Pork

Turkey

Seafood

Anchovies

Bugs

Calamari

Fish

Lobster

Muscles

Octopus

Prawns

Salmon

Sardines

Scallops

Tuna

Eggs

Duck Eggs

Eggs

Eggs - organic

PureEgg - Free Range Liquid Egg Whites

PureEgg - Simply Egg Whites

Meat Alternatives

Ceres Organics Pulled Jackfruit

Meat Free Bacon

Tofu

Vegie Delights Hot Dogs

Vegie Delights Nut Meat

Vegie Delights Nutolene

Vegie Delights Sausages

Fermented Foods

Black beans

Butter Beans

Chick Peas

Green Lentils

Kefir

Kimchi

Kombucha

Legumes

Miso

Red Kidney Beans

Red Lentils

Sauerkraut

Tempeh

Canned Items

Baked Beans

Canned Beetroot

Cannellini Beans

ChickPeas

Coconut Cream

Diced Tomatoes

Gherkins

Mexe Beans - Old El Paso

Water Chestnuts Sliced

Dairy Products

Butter

Cows Milk Full Cream

Cows Milk Lite

Cows Milk Skim

Cream

Goats Milk

Lactose Free Milk

Sour Cream

Yogurt - Cow

Yogurt - Sheep

Zymil Milk

Dairy Alternatives

Almond Milk

Coconut Ghee

Coconut Milk

Coconut Yogurt

Thickened Cream Lactose Free

Macadamia Milk

Milk - Rice

Oat Milk

Soy Milk

Sweet Condensed Coconut Milk

Lactose Free Yoghurt

Name: Aliyah Dunn

Date: 13/8/2025

Cheese

Bio Cheese Dairy Free

Cows Cheese
Goats Cheese
Lactose Free Cheese
Sheeps Cheese

Vegan Cheese

Bread

White Bread

Wholemeal Bread

Multigrain Bread

Abbots Light rye
Abbots Seeded and grain
Abbots Sourdough Rye
Abbots Sourdough white
Abbotts country grains
Abbotts Dark rye
Abbotts Rustic white bread
Abbotts Smooth oat
Bürgen Rye Bread
Bürgen Wholegrain and Oats
Fruit and Nut Loaf Sourdough

Helgas Turkish

Macro Ancient grains bread
macro prebiotic spelt and chia bread
Purple Carrot Sourdough
Sourdough Woolworth Bakery 35hr white
Spelt Sourdough
Stone Baked Sourdough
Tip Top raisin bread
Tip top wholmeal raisin
Turkish Bread Rolls

Wraps

Corn Tortilla's

Lebanese Bread
Rye Wraps
Sourdough Wraps
Souvlaki Wraps
Spinach & Herb Wraps
Taco Shells
White wraps

Wholegrain Wraps

Wholemeal wraps

Cereals

All Bran

Cheerios

Corn Flakes
Crunchy Nut

Farmers Co. Australian Bush Foods

Freedom Goodness

Freedom Goodness Cacao Crunch

Freedom Goodness Corn Flakes
Freedom Goodness Crispy Rice Puffs
Freedom Goodness Granola Muesli

Fruity Bites

Jordans Crunchy Oat Clusters
Just Right
Kelloggs Special K

Lowan Wholefoods Cereals

Nutri-Grain

Orgran Quinoa Porridge

Rolled Oats

Shredded Wheat

Special K Gluten Free

Sultana Bran

Untoasted Muesli

Weet-Bix

Weeties

Woolworths Brand Gluten free Corn Flakes

Rice/Pasta/Grains

2 Minute Noodles - Wheat Noodles
Cous Cous
Egg Pasta
Gluten Free Pasta
Pasta (Durum wheat)
Quinoa
Rice Brown
Rice Noodles
Rice White (All)
White Quinoa

Flour

Almond Flour
Buckwheat Flour
Chick pea flour
Coconut flour
Cornflour GF
Gluten Free Plain flour
Gluten free Self Raising Flour
Plain Flour
Potato Flour
Rice Flour
Self Raising Flour

Spelt Flour

Tapioca Flour

Additional Ingredients

Baking Powder

Baking Soda
Gelatin
Guar Gum
Soy Lecithin
Xanthan Gum

Name: Aliyah Dunn

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Gluten Free

Avocado GF Wrap
Banana Bread GF
Crumpets GF
English Muffins GF
Freedom Cereals
Gluten Free Granola Mix
Gluten free turkish bread
Gluten free Wonder white
Helgas gluten free
Helgas gluten free Mixed grain
Helgas gluten free wholemeal
Low Carb High Protein GF Wraps
Mixed Grain Bread GF
One gluten free Bread
One Gluten free bread wholemeal
Sweet Potato GF Wrap
Vogels Cereals
Waffles GF
White Bread GF
Wholemeal GF Bread
Woolworths GF Wholemeal Bread
Woolworths gluten free Seeded

Spreads

Almond Spread
Apricot Fruit Spread
Blackberry Jam
Blood Orange Marmalade
Blueberry Jam
Fig Jam
Ginger Marmalade
Lemon Curd
Lotus Biscoff
Margarine
Marmite

Nutella
Nuttelex
Passionfruit Curd
Pate
Plum Jam
Strawberry Jam
Tahini
Vegemite

Sauces

Australian Red wine Finishing Sauce
Barbecue Sauce
Brown Onion Gravy
Chipotle
Diane Sauce
Fish Sauce
Gravy
Hoisin Sauce
Mayonnaise
Mint Sauce
Mushroom Sauce
Oyster Sauce
Peppercorn Sauce
Seafood Sauce
Soy Sauce
Sriracha
Sweet Chilli Sauce
Tabasco Sauce
Tamari Sauce
Tartare Sauce
Teriyaki Sauce
Tomato Pasta Sauce
Tomato Sauce
Worcestershire Sauce

Curry and Sauce Mixes

Asian Stir Fry
Butter Chicken
Creamy One Pot
Korma Curry
Massaman Curry
Mediterranean Curry
Red Wine and Italian herbs
Sweet and Sour Stir fry
Teriyaki Stir fry
Thai Green Curry

Oils

Avocado Oil
Canola Oil
Coconut Oil
Duck Fat
Flaxseed oil
Ghee
Grapeseed Oil
Hemp seed oil
MCT Oil
Olive Oil
Rice Bran Oil
Safflower Oil
Sesame Oil
Sunflower Oil

Herbs & Spices

Allspice
Anise
Basil
Bay Leaves
Cajun spices
Cardamom
Cayenne (Nightshade)

Name: Aliyah Dunn

Date: 13/8/2025

Cayenne Pepper

Celery Salt
Chilli Peppers (Nightshade)
Chives
Cinnamon
Cloves
Coriander
Cumin

Dill

Fennel Seeds
Garam Masala
Garlic
Ginger
Herbamare
Kaffir Lime Leaves
Keens Traditional Curry Powder
Mint

Mixed Herbs

Mixed Spice
Mustard Seed
Nutmeg

Oregano

Paprika (Nightshade)

Parsley

Pepper
Rosemary

Saffron

Sage
Salt - Himalayan

Salt - Iodized Table Salt
Salt - Rock Salt
Salt - Celtic Sea Flakes
Tarragon
Thyme
Turmeric
Vanilla

Vinegars

Apple Cider Vinegar
Balsamic Vinegar
Classic Vinaigrette
Malt Vinegar
Red Wine Vinegar
Sherry Vinegar
White Rice Vinegar

Snacks

Arnotts Sesame Wheat Crackers
Corn Chips
Delites Fantastic G/F Sea Salt & Balsamic
DJ & A Crispy broccoli Florets
DJ & A Picklicious
DJ & A Shiitake Mushroom Crisps
DJ & A Veggie crisps
Harvest Snaps (all brands)
Healtheries Rice wheels
Infuzions Air Fries
Jatz crackers
LeSnak
NAS Carob Buttons
Off the eaten Path Pea & Bean pinto Stick
Organic Pea Chips
Potato Chips
Roasted Edamame
Roll ups
Sao's
Temole Almond Chips
Temole Avacado Chips
Temole Broccoli Puffs
Temole Cauliflower Puffs
TEMOLE Crunchy Rice Scrolls
Tempura chips
Vege Sweet Potato nibbles

Snack Bars

Carmens
Fibre One
K-Time
Musashi
Uncle Tobys

Chocolate

Cacao Butter
Cadbury Chocolate
Frey Dark Chocolate
Lindt Chocolate
Nestle Chocolate
Old Gold Chocolate
Pana Chocolate
Whittakers chocolate
Liquorice

Health Shop Items

Acai
Ashwagandha
Chaga
Chlorella
Collagen
Flaxseed Meal
Gelatin
Lecithin
Maitake
Phytoplankton Super Greens
Plant Based Collagen
Raw Cacao Powder
Raw Maca Powder
Reishi
Shiitake
Shilajit
Slippery Elm Powder

Name: Aliyah Dunn

Date: 13/8/2025

Xanthan Gum

Protein Powders

Whey Protein

Hemp Protein

Pea Protein

Beverages

Carbonated Drinks

Coffee - ALL

Coffee - Decaf

Diet carbonated drinks

Horlicks

Milo

Nesquik

Ovaltine

Teas

Black Tea - standard

Chai

Chamomile Tea

Dandelion Tea

Earl Grey Tea

English Breakfast Tea

Fruit Infusions Lemon Twist

Green Tea

Lemon Grass Ginger

Licorice Tea

Peppermint Tea

Rooibos African Tea

Juices

Blackcurrant

Coconut Water

Cranberry Juice

Lychee Juice

Peach and Strawberry Fruit Juice

Pomegranate

Prune Juice

Tomato Juice

Tropical

Alcoholic Beverages

Alcoholic Cider

Beer

Bourbon

Brandy

Brandy

Champagne

Gin

Red Wine

Rum

Tequila

Vodka

Whiskey

White Wine

Wine - Rose

Sweeteners

Agave Nectar

Aspartame (NutraSweet)

Barista Caramel Syrup

Brown Sugar

Chai Elixir

Coconut Sugar

Corn Syrup

Date Syrup

Demerara

Fructose

Hazelnut Syrup

Honey

Manuka Honey

Maple Syrup

Molasses

Monk Fruit Extract

Palm Sugar

Peppermint Extract

Raw Sugar

Rice Malt Syrup

Salted caramel flavouring

Splenda

Stevia

Vanilla Extract

White Sugar

Xylitol

Toothpaste

Activated Charcoal

All Smiles

Colgate Toothpaste

Grants

Hello

Hismile

Nature Valley

Nice

Noshu

on guard toothpaste

Oral B

Red Seal

Sensodyne

Steradent

Deodorants

All natural Woo Hoo Deoderent Stick

Aloe Vera Crystal Deoderent

Brut Deoderent

David Beckham

Name: Aliyah Dunn

Date: 13/8/2025

Dove Deoderant

[Jeer](#)

Lynx

Mitchem Clinical

Myaura natural Deoderent

Norsca Deoderent

Rexona Sport

Rockface deoderent

Stuff That Matters Aerosol

Tradie Aerosol

Skin Products

[Aloe Pura Aloe Vera Gel](#)

Dr Michaels Scalp and Body Ointment

[Eco Sonya Certified Organic Glory Oil](#)

Eco Sonya Glory Veil SPF 50+

Eco Sonya Pink Himalayan Salt Scrub

ECO TAN Invisible Tan

Melaluca Sun Shades

Natural Lemon Myrtle Moisturiser

Sunscreen

Banana Boat Everyday

Cancer Council Moisturising

Cancer Council Sunscreen

[Nivea 50+](#)

UV Triple Guard

Bathroom Products

Balnea Body comfort

DermaVeen hair and Scalp

Dove Body Wash

[Dove Daily care Shampoo/Conditioner](#)

[Essano](#)

Garnier Shampoo/Conditioner

Gillette Shaving Foam Sensitive

Glow Lab Body Wash

Head & Shoulders Shampoo/Conditioner

Herbal Essences Shampoo/Conditioner

Johnsons Body care

L'OREAL Paris Shampoo/Conditioner

Lux Body Wash

My Soda Australia Hair care Products

Natures Organics Conditioner

Natures Organics Shampoo

Nivea body Wash

OC Naturals Body Wash

OC Naturals Conditioner

OC Naturals Hair Shampoo

Palm Olive hand sanitiser

Palmolive Body Butter Coconut + Jo Jo berry

Palmolive Bodywash

Pantene Shampoo/Conditioner

Radox Body Wash

Schwarzkopf Shampoo/Conditioner

Selsun Hair Care

Sukin Body care products

Thanks to nature Hair care

the australian organic conditioner

the australian organic shampoo

TRESemme Conditioner

Tresemme Shampoo

Household Cleaning Items

Aerogard

[Ajax Spray n Wipe](#)

Citric Acid

doterra multipurpose cleaning spray

Earth Choice Dishwashing Liquid

Easy off Bam Bathroom Power Foam

Eco Store Dishwashing Liquid

Exit Mould

First Force Multipurpose insect spray

[Glen 20 all in one Spray](#)

Gumption Multi Purpose Cleaner

Insect Sprays

kin kin eco dishwashing liquid

Kin Kin Eco laundry Liquid

Koh Universal Cleaner

Mortein fast knockdown Fly + Mosquito Killer

Off! Insect repellent

Oureco Clean Mould Spray

Pea Beu Flying Insect Killer

Pine o Clean

Raid Flying Insect killer

[Raid one shot crawling Insect +Surface Spray](#)

Raid one shot multipurpose Insect Killer

Selleys Sugar Soap

[Strike](#)

Tandil Ultra Lemon Dish Liquid

Vin-a-clean Cleaning Vinegar

[White King](#)

Windex

Household laundry Items

Antibacterial All purpose spray

BioZet

Bleach

Clean

Cold Power Cleaner

Cuddly Aroma Collections Yellow

Cuddly Sunshine Fresh

Dettol

Duo + Clean Whitens

Dynamo

[Earth Choice Fabric Softener](#)

[Earth Choice floor and surface cleaner](#)

Name: Aliyah Dunn

Date: 13/8/2025

Earth Choice Streak free window and glass

Earth Choice Wool and delicates

Eco Store Laundry Liquid

Eco Store Laundry Powder

Fab

Kin Kin ECO

Napisan Vanish Oxi Action

Omo Cleaners

Purity fabric Softener

Radiant

Sard Power Major stain types

Sard Super power Toughest Stains

Surf 5 in 1

Essential Oils

Basil Essential Oil

Bergamot

Cardamom Essential Oil

Cedarwood

Chamomile

Clary Sage

Clove

Eucalyptus

Fennel Sweet

Frankincense

Geranium

Ginger Essential Oil

Grapefruit Essential Oil

Helichrysum

Lavender

Lemon Essential Oil

Lemon Grass

Lime Essential Oil

Mandarin Essential Oil

Marjoram

May Chang

Myrrh

Orange Essential Oil

Patchouli

Peppermint

Rosemary

Sandalwood

Spearmint

Tea Tree

Vetiver

Ylang Ylang

Fabrics

Acrylic

Bamboo

Cotton

Hemp

Linen

Nylon

Polyester

Rayon

Silk

Spandex

Wool

Metals

Aluminium

Gold

nickel

Palladium

Platinum

Silver

Stainless Steel

Gardening Supplies

Brunnings Ready to use Insect Killer

Brunnings Weed Killer

Powerfeed Plant food

Ready to use Pest Oil

Roundup Weed Killer

Seasol Complete garden treatment

Yates Natures Way All Purpose insect Spray

Yates Weed Killer

PERCENTAGE IMPROVEMENT REPORT

SYMPTOM WEEK 4 WEEK 8 WEEK 12 WEEK 16

List the symptoms you want to monitor	Record the percentage improvement			
Notes				
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%
Notes				
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%
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%
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%
Notes				
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Notes				
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Notes				
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Notes				
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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%
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%
Notes				

Consent Form

I consent to my case history being used for research and promotional purposes. I understand that my personal information will remain confidential and will not be shared with any third party without my explicit consent.

SIGNATURE:

Dina Savitz

www.dinasavitz.com

0422 082 112

dina@dinasavitz.com

WEEK 16

dina@dinasavitz.com

Unlock Your Bodys Potential

6 Month Program



STEP 1

Remove all items in red from your diet and household. Monitor how your symptoms change throughout the program and compare them to when you first started.

STEP 2

Complete your meal diary and the % improvement form. See your practitioner at week 4 to check in on your improvements. And continue to see them monthly, and at the 6 month mark you can retest to check where your body is at.

Tracking your experience on the Frequency Compatibility Program is important, as it's easy to forget how you felt at the beginning. Regular check-ins help you see patterns in your symptoms, keep you motivated, and give your practitioner valuable insights to better support you. Taking just a few minutes each week to complete this can make a real difference in understanding how your body is responding.



The aim is to see noticeable improvements in your symptoms over time. The longer you have had a symptom, the longer it may take to heal. Time really is the best healer. If your results aren't as expected, your consultant may look into other possible factors, testing or supplements to support you or they may recommend giving your body more time to adjust.

In some cases, you may be asked to complete another progress review. Healing is a gradual process, typically taking at least six months, and more time may be needed for deeper imbalances.

Regular follow-up appointments with your practitioner are an important part of your journey, ensuring you receive the right guidance and adjustments tailored to your needs.

Since this process begins at a subtle level, it can take time for symptoms to improve. This approach focuses on how different foods and products interact with each individual, recognising that no single solution works for everyone. While some people notice positive changes within days, others may take 6 to 8 weeks to see significant improvements. Generally, the healthier your diet already is, the longer it will take to see results. As you have already made many changes.

The speed of progress depends on how closely you follow your consultant's recommendations and the level of repair your body needs. In some cases, compatible supplements, creams, or medications may be suggested to help manage symptoms while your body works on deeper recovery. Other factors, such as parasites, viruses, or heavy metals, can also impact the immune system and may need to be addressed.

Your consultant can guide you through this process and provide further insights tailored to your needs. Please don't ever hesitate to reach out to a qualified medical practitioner for any symptoms of concern. It is recommended to continue with your medical team throughout the program.

Frequently asked questions

HOW DOES HAIR SENSE NUTRITION WORK?

HairSense Nutrition uses the energetic imprint stored in your hair to assess how your body responds to a range of foods and products. Every cell in your body communicates through subtle electrical signals, and both foods and products carry their own unique electromagnetic frequencies. When your hair sample is scanned, its frequency is compared to hundreds of common items to determine whether they are energetically compatible—supporting balance and vitality—or incompatible, potentially creating stress or disruption at the cellular level. This process is completed using specialised frequency-matching software designed to highlight areas that may benefit from dietary or lifestyle adjustments.

HOW IS THIS DIFFERENT FROM ALLERGY TESTING?

When you have an allergic reaction you have an immediate and often server response. Most people know what they are allergic too. This program is working on checking for incompatible frequencies which is at a much lower level of inflammation. But this inflammation builds up in the body and leads to general unwellness. DO NOT reintroduce any items that are shown in black if you know that you have an allergy or intolerance to them. You still need to leave them out of the diet and also take out the items in red and then monitor your symptoms improvement.

WHAT SYMPTOMS MIGHT OCCUR WHEN STARTING THE PROGRAM?

In some cases, temporary detoxification symptoms may occur as the body begins to eliminate stored toxins. This could include bad breath, coated tongue, excess mucus, or mild skin flare-ups, as the skin is a major detox organ. These reactions are rare but can happen depending on the body's toxin levels. Always consult with your practitioner if you experience any concerns. The main thing is to look at if you have introduced any new items. The idea is to keep your diet the same, and remove the items in red. If you are removing something like coffee then you might get a headache from the caffeine withdrawal.

HOW LONG DOES IT TAKE TO SEE RESULTS?

Many people notice symptom relief within 3 to 10 days as inflammation reduces. By four weeks, the body enters the repair phase, but the timeline varies depending on individual health conditions and the severity of symptoms. Healing takes tiime, especially if you have not done anything like this before or you have had symptoms for a long time. Most people see results by week 4 but the cleaner your diet already is then you will see results at week 8. It is a 6 month program and reintroducing foods within that time could cause you to go backwards in the healing journey.

I'VE TRIED EVERYTHING FOR MY SKIN CONDITION, BUT NOTHING HAS HELPED. HOW COULD THIS TEST MAKE A DIFFERENCE?

Inflammation is a common factor in many skin concerns. Skin issues can also be aggravated by poor digestion and elimination. When the body struggles to remove toxins efficiently, the skin may be affected. This program focuses on identifying potential triggers that may be contributing to inflammation, allowing the body to function more effectively.

WHAT HAPPENS IF I EAT FOODS THAT AREN'T ON THE LIST?

Any food or product that is not included in your list has not been tested and is therefore considered potentially incompatible. Even consuming a small amount of an incompatible item a few times a week can slow or halt the body's ability to re balance. To get the best results, it's important to stick to the recommended foods. We do know this can be challenging though, so overall, the most important thing is to avoid the items in red.

Frequently asked questions

HOW DO I REINTRODUCE FOODS AFTER ELIMINATION?*

There is a structured process for reintroducing foods to reduce the risk of reactions. This should always be done under the guidance of your practitioner. A follow-up test is recommended between 6 to 9 months to assess progress. Full instructions for reintroducing foods will be provided in your retest report.

WHY DOES MY RETEST STILL SHOW SOME OF THE SAME FOODS, PLUS A FEW NEW OTHERS

Your initial test identified foods at a symptomatic level, meaning they had a stronger impact on your body at that time. During the six-month period, some items that were borderline may now show as incompatible. If a previously reactive food is now compatible, it's best to reintroduce it slowly to avoid any setbacks.

IS A RETEST NECESSARY?

Reintroducing foods that haven't fully corrected can bring symptoms back, sometimes more intensely. This can undo the progress made during the program. A retest after 6 to 9 months helps determine which foods have now become compatible. Based on experience, around 75% of previously incompatible foods will be tolerated at this stage, while some may still need more time. Any new incompatible items will be added to your list for another 4 weeks, after which a careful reintroduction process is followed.

WHY HAS MY RETEST SHOWN LITTLE IMPROVEMENT?

Progress depends largely on following the program consistently for the full 6 months. If results are slower, your body may simply need more time to heal. In some cases, other underlying factors, such as viruses, parasites, or heavy metals, may be playing a role and need to be addressed by your practitioner. One of the key benefits of this program is that it allows the body to heal in the order it prioritises. For example, if you experience headaches, bloating, and muscle aches, your body may resolve one symptom before another.

WHY CAN I EAT CERTAIN FOODS BUT NOT THEIR PROCESSED FORMS?

The way food is processed and prepared can change how your body reacts to it. Ingredients that test as compatible in their whole form may behave differently once processed, combined with other components, or cooked. For example, whole corn may be fine, but processed corn products could trigger a different response. Foods are tested as they are commonly eaten, including both raw and cooked variations.

WHY CAN I EAT REGULAR EGGS BUT NOT ORGANIC EGGS?

The composition of eggs depends on what the hens are fed. Different diets can influence the egg's structure, making some types more suitable for you than others.

IF MEAT OR A VEGETABLE SHOWS AS INCOMPATIBLE, CAN I STILL HAVE ORGANIC MEAT?

No, organic meat and vegetables are included in the overall testing for these items. If meat appears in red all sources should be avoided.

WHY DO I FEEL UNWELL AFTER EATING A FOOD THAT TESTED COMPATIBLE?

Even if a food is marked as compatible, your body may still struggle to digest it at this stage. Factors such as blood sugar fluctuations or digestive imbalances could be contributing to discomfort. It may also be an allergy or intolerance food that shows up at a higher reactive level than this program. We are testing the lower levels of foods you have not been able to pinpoint.

WILL THIS PROGRAM HELP WITH WEIGHT LOSS?

While this program is not designed for weight loss, many people find that their body naturally balances its weight as digestion, detoxification, and overall function improve.

Frequently asked questions

CAN ADDITIONAL ITEMS BE TESTED?

Yes, extra items can be tested upon request. This can include food, makeup, household items etc. A new hair sample will be required and a sample of the product in a gladbag for your consultant to post to us. Consult your practitioner for details.

CAN PETS BE TESTED?

Yes, if you are happy to test them on the same food based program as you. At this stage we do not have a pet list available.

HOW DOES REMOVING CERTAIN FOODS HELP WITH HAY FEVER AND ENVIRONMENTAL SENSITIVITIES?

Certain foods can contribute to inflammation in the body, including the mucus membranes in the nose and throat. When these membranes are already irritated, exposure to dust, perfumes, or pollutants may worsen symptoms. By eliminating incompatible foods, inflammation may be reduced, making the body less reactive to environmental triggers.

WHAT IS IRRITABLE BOWEL SYNDROME (IBS), AND HOW DOES THIS TEST RELATE TO IT?*

IBS is linked to inflammation in the digestive system. This program helps identify foods and products that may be contributing to that inflammation, allowing you to make informed choices that support gut health.

I'VE ALREADY ELIMINATED DAIRY, WHEAT, SUGAR, AND PROCESSED FOODS, BUT I STILL DON'T FEEL WELL. HOW CAN THIS TEST HELP?

While eliminating common triggers like wheat and dairy may help, food compatibility is highly individual. If other incompatible foods are still present in your diet, they may continue to contribute to discomfort. Even consuming a single incompatible food three times a week can be enough to slow the body's natural repair process. This program helps identify the full picture, rather than just focusing on common food sensitivities.

CAN I TAKE SUPPLEMENTS WHILE FOLLOWING THIS PROGRAM?

Your consultant will guide you on which supplements may be beneficial for your individual needs.

I'M FEELING BETTER—CAN I STOP TAKING MY MEDICATIONS?

Any changes to medications or supplements should only be made under the guidance of your prescribing healthcare professional.

FREQUENCY RETEST FORM

Maximising Your Results with a Retest

To get the most out of your Compatibility Program, it's important to complete a retest between six and nine months after starting. This allows your consultant to review your progress and determine if any adjustments are needed.

On average, around 75% of foods and household products become more compatible within six months, while some may still require additional time. Reintroducing items too soon or in large amounts can lead to a return of symptoms. Your retest report will identify which items can be reintroduced and provide step-by-step guidance on how to do so safely.

To maintain your progress, be sure to schedule your retest with your consultant before the recommended timeframe. Delaying beyond nine months may mean your body has undergone further changes, which could require restarting the program.

Contact your HairSense Consultant for the Retest Fee.

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:

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Cardholder Name: _____ Credit

Card Type: ☐ MasterCard ☐ Visa

Expiry Date ____ / ____ CVV ____

Signature: _____