

## COMPATIBILITY TEST REPORT

**Client Details:** Kate O'Mealley

**Sex:** Female

**Date of Birth:** 12/4/1980

**Parent's Name:**

**Test Version:** 500 test 1

**Test Date:** 29/6/2021

**Other:**

**Symptoms:** Bloating  
Irritable Bowel Syndrome  
Rashes / Itchy Skin  
Tiredness  
Weight

Dear Kate

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, and providing it with what it needs for greater well-being.

Here are a few important things to remember before we get started:

- The first step is to fill out the meal diary for the first week and return it to your Consultant
- The completed diary will give you a detailed look at the foods you are currently eating
- Second step is to adjust your meal diary according to your test results
- Your Consultant will help you through this stage

Your corrected meal diary will be your food list for the next 4 weeks

Fill out your 4-week Progress Report as advised by your Consultant

Note; Foods known to have caused anaphylaxis plus known reactive foods in the past SHOULD NOT BE REINTRODUCED

This is not an allergy test. Our focus is on the cause of symptoms.

This means testing at a much deeper level.

This test does not compare with any other tests

### Your Wellness Consultant is

Julie Landon  
391 Crown Street  
Woolongong NSW 2500

Phone 0423 363 012

Email [julie@julielandonnutrition.com](mailto:julie@julielandonnutrition.com)

69624022164

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.

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## GETTING YOU STARTED

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- Create your meal plan by writing down everything you eat and drink, right down to the brand names on the Meal Diary.
- Write down all the brand names of all the household products you are using. Your Consultant may ask you to replace any incompatible house hold products.  
**The first stage is to focus on eating compatible foods only.**
- **At the end of the week, your Consultant will review your meal diary and correct it in line with your test results.** Any foods and drinks that you have eaten that are not compatible (Red) will be replaced with compatible foods on your list. (Black)
- This corrected Meal Diary becomes your **list of allowable foods** for the first 4 weeks. During the first 4 weeks fill out the **4week Progress Report**. Eat the allowable foods in any combination.  
Your Consultant will use this information to advise you further, make changes as needed and introduce other therapies if required.
- The first 4 weeks we work at getting your food intake compatible with your body.
- If you are progressing well enough at 4 weeks that is all we need to do, continue with plan. If you are not progressing well enough we get more in depth with household items and may need to test extra items like skin care and make-up. Always check with your Consultant before making any changes

DISCLAIMER; This programme is not intended to be construed as medical advice, nor is it intended to lead anyone away from a qualified health practitioner. We make absolutely no claims to diagnose, cure, treat or prevent any disease. We cannot take any responsibility for those who may want to help themselves outside our instructions. If you have a medical condition, we urge you to be supervised by a qualified healthcare professional of your choice.

GREEN VEGETABLES

*Asparagus*  
*Beans*  
 Bok choy  
 Brussel Sprouts  
 Cabbage  
 Celery  
 Choy sum  
 Kale  
*Leeks*  
 Lettuce  
 Olives  
*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 in oil  
 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  
 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 Zymil  
 LF Milk Liddells  
 LF Milk Zymil  
 Soy Mayonnaise  
 Vegenaïse  
 Tempeh  
 Tofu  
 Yoghurt Coconut (All)

MILK Alternative

Almond milk  
 Almond Activ Pure Harvest  
 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 (All)  
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)  
Tom sauce Celebrate Health  
Worcester sauce

DRIED VEGETABLES

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

STOCK/GRAVY

Beef stock Aus Own org  
Beef Stock (Massel)  
Beef Stock Campbells  
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 continuedABC spread Melrose

Coco Hazlenut Pure Harv  
Hommus  
Tahini (All)  
Vege spread Freedom

BREAKFAST CEREALS

Cornflakes (All)  
Goodness Cereals (All)  
Just Right  
Oat Bran  
Rolled Oats  
Vita Brits  
Weet Bix  
Special K  
AB Buckwheat & quinoa  
Abundant Earth Corn Puff  
Carmens Muesli  
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  
Healthybake WM Spelt  
Kamut bread  
Naturis organic spelt  
Sprouted Spelt Dinkel.

RYE BREAD

Bodhi's Wupper  
Burgen Rye bread  
Helgas Light Rye  
King Henry 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  
Moore's GF yeast free  
Naturis GF rice loaf  
Precinct GF Quinoa & Soy  
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 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  
Briggs 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-Clean*

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  
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

## Week 4 Progress Report

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. By filling in this table will give you a tangible way to plan your recovery. This will keep you motivated to stick with the programme and help you see how your body is responding to the programme. 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.

**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 bare 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.**

**Client Details:** Kate O'Mealley

**Test Version:** 500 test 1

**Test Date:** 29/6/2021

**Sex:** Female

**Date of Birth:** 12/4/1980

**Parent's Name:**

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	6 MONTHS
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%	
Irritable Bowel Syndrome	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%	
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%	
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%	
Weight	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%	
	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 details will be forwarded to any other party

Signature: \_\_\_\_\_

### Your Consultant is

Julie Landon  
 391 Crown Street  
 Woolongong NSW 2500

Phone 0423 363 012  
 Email [julie@julielandonnutrition.com](mailto:julie@julielandonnutrition.com)  
 Fax  
 ABN 69624022164

WEEK 8 PROGRESS REPORT

Client Details: Kate O'Mealley

Test Version: 500 test 1

Test Date: 29/6/2021

Sex: Female

Date of Birth: 12/4/1980

Parent's Name:

SYMPTOM	WEEK5	WEEK 6	WEEK 7	WEEK 8	12 MONTHS
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%	
Irritable Bowel Syndrome	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%	
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%	
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%	
Weight	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%	
	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:

## WEEK 12 PROGRESS REPORT

**Client Details:** Kate O'Mealley

**Test Version:** 500 test 1

**Test Date:** 29/6/2021

**Sex:** Female

**Date of Birth:** 12/4/1980

**Parent's Name:**

SYMPTOM	WEEK9	WEEK 10	WEEK 11	WEEK 12	
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%	
Irritable Bowel Syndrome	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%	
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%	
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%	
Weight	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%	
	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:**

## WEEK 16 PROGRESS REPORT

**Client Details:** Kate O'Mealley

**Test Version:** 500 test 1

**Test Date:** 29/6/2021

**Sex:** Female

**Date of Birth:** 12/4/1980

**Parent's Name:**

SYMPTOM	WEEK 13	WEEK 14	WEEK 15	WEEK 16	
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%	
Irritable Bowel Syndrome	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%	
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%	
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%	
Weight	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%	
	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:**

## WEEK 20 PROGRESS REPORT

**Client Details:** Kate O'Mealley

**Test Version:** 500 test 1

**Test Date:** 29/6/2021

**Sex:** Female

**Date of Birth:** 12/4/1980

**Parent's Name:**

SYMPTOM	WEEK 17	WEEK 18	WEEK 19	WEEK 20	
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%	
Irritable Bowel Syndrome	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%	
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%	
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%	
Weight	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%	
	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:**

WEEK 24 PROGRESS REPORT

Client Details: Kate O'Mealley

Test Version: 500 test 1

Test Date: 29/6/2021

Sex: Female

Date of Birth: 12/4/1980

Parent's Name:

SYMPTOM	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
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%	
Irritable Bowel Syndrome	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%	
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%	
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%	
Weight	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%	
	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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## Questions and Answers

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### 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 mucous, 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.

### 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 mucous loose bowels etc. This depends on the toxicity level associated with their condition. Skin conditions may get temporarily worse, skin being a large eliminatory organ.

### 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 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 tolerable.

**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 **them 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.

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#### Please Note

### ANAPHYLAXIS ALLERGIES and INTOLERANCES

Substances known to have caused anaphylaxis, allergic plus any other type of reaction in the past must not be Re-introduced (even if they appear in Black). This test does not cover “allergies or intolerances”.

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#### RESULTS

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

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#### PROGRESS – RE-ASSESSMENT AFTER FOUR WEEKS ON YOUR PROGRAM

At this stage your Consultant will be able to assess your progress, and you should be experiencing a good measure of symptom relief. If you are not progressing well enough at four weeks, your Consultant may look at other factors or simply give it more time for your body to repair and get you to fill out another Progress Report.

It takes a minimum of six months your body to repair. If there is tissue damage, supplements may be required to help in the repair process. In the case of severe tissue damage, it may take even longer.

KEEP THIS VOUCHER!

## 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 programme — **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.**

Client Details: Kate O'Mealley

**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)*

Expiry Date 29/3/2022

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

**Payment details**Card Number:               Cardholder Name: Credit Card Type: ☐ MasterCard ☐ VisaExpiry Date  /  Signature: **Your Wellness Consultant is**

Julie Landon  
391 Crown Street  
Woolongong NSW 2500

Phone 0423 363 012

Email [julielandonnutrition.com](mailto:julielandonnutrition.com)

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