

## COMPATIBILITY TEST REPORT

<b>Client Details:</b>	Miriam GUSCOTT	<b>Sex:</b>	Female
	0403164669	<b>Date of Birth:</b>	4/6/1970
	miriam@holisticnaturaltherapies.cc	<b>Parent's Name:</b>	
<b>Test Version:</b>	500 test 1	<b>Symptoms:</b>	General
<b>Test Date:</b>	5/9/2018		
<b>Other:</b>			

Dear Miriam

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 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

### Your Wellness Consultant is

DENNIS HODGES ND  
 Naturopathic Services Pty Ltd  
 PO Box 191  
 Landsborough Qld 4550

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 Email [enquiries@natserve.com.au](mailto:enquiries@natserve.com.au)  
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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 at the cause. The situation is that some foods/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 as you progress through the 6 month program. **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**. 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. 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

**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 Liddells  
LF Milk Liddells  
LF Milk Zymil  
Soy Mayonnaise  
Vegenaise  
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)  
Ecco  
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 Orgran  
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's  
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 Pasta Coles  
GF Pasta San Remo  
Pasta (Durum wheat)  
Buckwheat Spirals Orgran  
Buckwheat San Remo  
Lasagne Sheets Macro Org  
Puff pastry  
Wheat Noodles

**CRACKER/CRISPBREAD**

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

**SPREAD/PASTE**

St Dalfours GF jam  
Vegemite/ Ozemite

**SPREADS continued**

ABC spread Melrose  
 Coco Hazlenut Pure Harv  
Hommus  
 Tahini Unhulled (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  
Goanna Bakery Rice&Arame  
Multigrain bread

**SPELT BREAD**

Alpine Spelt & Sprout grain  
 Ancient Grain Tigris Spelt  
Bakers Delight Spelt bread  
Bodis Dinkle. wholegrain  
Healthybake WM Spelt  
 Kamut bread  
 Naturis organic spelt  
 Paulos Spelt Loaf  
 Sprouted Spelt Dinkel.

**RYE BREAD**

Burgen Rye bread  
 Helgas Light Rye  
 King Henry Rye  
 Pumpernickel

**SOURDOUGH BREAD**

Alpine Spelt & Barley  
 Alpine Spelt sprouted grains  
 Brasserie Sourdough  
 BrasserieQuinoa/Soy  
Healthybake FH Rye  
New Norcia Spelt  
 Strange Grains Buckwheat  
 Zeally Bay Sourdough

**SPROUTED BREAD**

Bohdis mixed grain  
 Pure Life Sprouted Spelt  
 ESSENE sprouted bread  
 Pure Life Bio.D. Ezekiel 4:9

**GLUTEN FREE BREAD**

Abbots Mixed Seeds GF  
 Bohdis GF Chia Linseed  
 Bohdis GF Multi Grain  
 Bohdis GF Yeast free  
 Bohdis Lupin loaf  
 Burgen GF Soy Lin  
 Burgen GF sunflower & chia  
 Burgen GF White  
 Country Life gluten & dairy Free  
 Country Life Yeast gluten free  
 Helga's GF bread  
 Moores 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  
 Smiths original

**GLUTEN FREE**

Organ Custard powder

**CHOCOLATE / SWEETENERS**

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

**HEALTH SHOP Products**

Acai powder  
 Bentonite clay  
 Black seed (nigella)  
 Bone broth (All)  
 Beef Gelatin/collagen  
 Barley Grain  
Bean Adzuki  
 Bean Borlotti  
 Bean Broad  
 Bean Cannellini  
 Bean Kidney  
Bean Lima  
 Blackstrap Molassas  
 Braggs All purpose seasoning  
 Coconut MCT Oil  
 Camu Camu  
 Cous Cous

**HEALTH SHOP Products cont.**

Cranberries Dried  
 Diatomaceous Earth FG  
 Dulse (All)  
 Falafel  
 Goji Berries  
 Hazelnut 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 Capsules  
 Inner health  
 Iodine  
 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

**NATURAL HOME products cont.**

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's 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  
 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  
 Wotnot Baby SPF 30  
 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 Charocoal  
 Grants Herbal  
 Jack and Jill  
 Red Seal  
 Silicea silica  
 Thieves  
 Vicco Herbal

**HAIR/FIBRES**

Bamboo  
 Cotton  
Mixed Feathers  
 Polyester  
 Wool

**METALS**

Aluminium  
 Gold  
 Mercury  
 Silver

**OINTMENTS**

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

**PETRO CHEMICALS**

Cigarette Smoke  
 Diesel  
 Engine oil  
Kerosene  
 Methylated Spirits  
 Petrol

## 4 WEEK PROGRESS REPORT

This report allows you to monitor your progress while you are following the Bio-Compatibility Programme.

As time goes by it becomes increasingly difficult to recall exactly how you were feeling, but filling in this table will give you a tangible way to plot 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 programme). Please bear in mind that some symptoms might get worse before they get better. If this happens, don't be discouraged — make a note of it and talk to your Consultant about any concerns you may have.**

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

**Client Details:** Miriam GUSCOTT

**Test Version:** 500 test 1

**Test Date:** 5/9/2018

0403164669

**Sex:** Female

miriam@holisticnaturaltherapies.cc

**Date of Birth:** 4/6/1970

**Parent's Name:**

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	6 MONTHS
General	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
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### 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

DENNIS HODGES ND

Naturopathic Services Pty Ltd

PO Box 191

Landsborough Qld 4550

Phone 1300 733 375

Email enquiries@natserve.com.au

Fax (07) 5452 6120

ABN 9501 068 4054

## 8 WEEK PROGRESS REPORT

**Client Details:** Miriam GUSCOTT

**Test Version:** 500 test 1

**Test Date:** 5/9/2018

0403164669

**Sex:** Female

miriam@holisticnaturaltherapies.cc

**Date of Birth:** 4/6/1970

**Parent's Name:**

SYMPTOM	WEEK5	WEEK 6	WEEK 7	WEEK 8	12 MONTHS
General	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%	
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**Notes:**



## 12 WEEK PROGRESS REPORT

**Client Details:** Miriam GUSCOTT

**Test Version:** 500 test 1

**Test Date:** 5/9/2018

0403164669

**Sex:** Female

miriam@holisticnaturaltherapies.cc

**Date of Birth:** 4/6/1970

**Parent's Name:**

SYMPTOM	WEEK9	WEEK 10	WEEK 11	WEEK 12	
General	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%	
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	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:**

## 16 WEEK PROGRESS REPORT

**Client Details:** Miriam GUSCOTT

**Test Version:** 500 test 1

**Test Date:** 5/9/2018

0403164669

**Sex:** Female

miriam@holisticnaturaltherapies.cc

**Date of Birth:** 4/6/1970

**Parent's Name:**

SYMPTOM	WEEK 13	WEEK 14	WEEK 15	WEEK 16	
General	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%	
	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%	
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**Notes:**

## 20 WEEK PROGRESS REPORT

**Client Details:** Miriam GUSCOTT

**Test Version:** 500 test 1

**Test Date:** 5/9/2018

0403164669

**Sex:** Female

miriam@holisticnaturaltherapies.cc

**Date of Birth:** 4/6/1970

**Parent's Name:**

SYMPTOM	WEEK 17	WEEK 18	WEEK 19	WEEK 20	
General	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%	
	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%	
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**Notes:**

24 WEEK PROGRESS REPORT

Client Details:

Miriam GUSCOTT

Test Version:

500 test 1

0403164669

miriam@holisticnaturaltherapies.cc

Test Date:

5/9/2018

Sex:

Female

Date of Birth:

4/6/1970

Parent's Name:

SYMPTOM	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
General	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%	
	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 plastic zip lock bag. (Babies)

**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. This 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 pricking 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)

Bio-Compatibly 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 disease states. The Bio-Compatibility test is testing at a much deeper level.

**Is this an allergy test?**

**No**, this is a compatibly test which tests for food and products that are either incompatible or compatible with the 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, skin being 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 cause inflammation. Antibodies live for 3-90 days. To cover all scenarios and gain the maximum benefit for the client it is recommend 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 the body needs 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. (See reintroducing food)

### **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. The major plus of this test 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, gunk in the eyes 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.

### **How does eliminating the food change my condition?**

With this program we are getting as close as possible to the cause of the problem not just treating symptoms.

### **Why can I eat potatoes but not potato flour or White flour but not white bread?**

Processing and cooking changes the structure of the food. Synergism also plays a major part; for example White flour cooked with other ingredients may neutralize the 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. 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, pollutants 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 inflammation of the bowel. I like to refer to it as a rash on the inside. This program is focused on finding which food and products are causing the 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 by a compacted/constipated bowel. 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 food works collectively and we need to eliminate **them all** to be effective.

Eating one incompatible food a day 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

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**Anaphylaxis Allergies and Intolerances**  
**Substances known to have caused anaphylaxis or allergic reactions**  
**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

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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.

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**

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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 the 8 week 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.

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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.



## COMPATIBILITY RETEST VOUCHER

### Recommended between six and nine months

To gain the most benefit from your Bio-Compatibility Programme, 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 programme, 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.**

*Clients, who submit their Retest Voucher before the expiry date receive a discount on their*

**Client Details:** Miriam GUSCOTT

0403164669

**Expiry Date**

miriam@holisticnaturaltherapies.cc

5/6/2019

### Hair sample

Please also provide a hair sample big enough to cover the shaded area

*(Hair colours, perms, and medications DO NOT affect results)*

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

### Payment details

Card Number:

Cardholder Name:

Credit Card Type: ☐ MasterCard ☐ Visa

Expiry Date \_\_\_\_ / \_\_\_\_ Signature: \_\_\_\_\_

### Your Wellness Consultant is

DENNIS HODGES ND

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