

COMPATIBILITY EXPLAINED

Compatibility Hair Analysis & Wellness Program

The Compatibility System is the result of over thirty years of research and development by qualified Naturopaths in Australia. This is a Naturopathic Wellness program which is used in more than 20 countries.

About the Compatibility Program:

The technique is based on the way in which the food and products benefit the individual person. Each person is unique and with this applies the, **'one size does not fit all'** philosophy when it comes to food and household products.

Each individual has his/her own nutritional and energy requirements. Have you noticed that some foods give you good energy while others seem to drag you down and aggravate existing symptoms?

Compatibility Hair Analysis is about finding local food and household products that suit the individual. It is not based on Nutritional advice nor is it a Medical program designed to treat diseases.

This 6month WELLNESS PROGRAM follows the Naturopathic principle, **"Feed the body correctly and allow the body to repair itself"**.

Using a hair or saliva sample, Compatibility testing identifies the influence (either positive or negative) that each food and product has on the individual body. This way we are able to determine which food and products will need to be avoided and which ones can be used. Remember, feed the body correctly and it can function much better.

HOW IT WORKS

Every cell in the body relies on electrical stimulation for proper cellular function.

Assimilation (taking nutrition into the cell) plus elimination and secretions at cellular level, rely on electrical stimulation.

We simply cannot get nutrition in and waste secretions out of the cells without the correct electrical charge within the cell/cell membranes. (ATP/ADP) Electrical energy is mainly distributed to every cell through acupuncture meridians, connective tissue and circulation. Foods contain their own electrical systems as well. These electrical systems in the food can sometimes interfere with the electrical systems within cells. The result is poor cellular function.

By removing these reactive and aggravating foods, we allow the cells to repair and function normally.

By feeding the body in line with the Compatibility test results plus your Practitioner's advice we are enhancing cellular function. Correct cellular function leads to good organ function. Good organ function NATURALLY leads to good immunity digestion and elimination.

What our hair analysis test covers

Our standard test covers a list of 600 items — including most food groups, bathroom, laundry, Health foods, Gluten-free and Kitchen products.

The focus is on what you CAN eat and use rather than what you cannot. It includes common local brands found in supermarket and health food stores. Each item is tested in the form it is consumed in, (both raw and/or cooked where applicable).

The Report includes:

Test results for over 600+ items from local supermarkets. Day to day instructions to help you implement the program correctly

6-month WELLNESS PROGRAM

We test your Compatibility with 600 local food and products.

We use these test results to develop your *personal Wellness Program*.

You receive a comprehensive 17-page report which includes full instructions for the 6-month period.

4-24-week Progress form

The report includes 4-weekly progress forms. The Progress forms are filled out by the client between consultations. This feedback is used to assess how the individual is progressing and determine what therapies are needed at this stage.

COMPATIBILITY TESTING and OTHER TESTS

What you have access to here is one of the most innovative systems of health care that has ever been developed.

This test does not compare with any other test, hair or otherwise. It does not align with nutritional advice or what people consider “good or bad” for them. We are testing at a much deeper level and not for what the client reacts to or can’t eat for other reasons.

Our test results can be confusing to the untrained person. *This information is for the Practitioner to use not a self-help plan for clients.*

Most reactions happen below symptom level and work collectively. We are **not** testing for “allergies” or elevated antibodies, known reactions or inflammatory causes.

This is a very different test.

We are not treating disease. I worked for many years in the allergy field. I found that most foods people reacted to did not show up in antibody tests. What most people pick up on is an aggravation to pre-existing inflammation. They may call it an allergy or intolerance but the response is usually acidic or chemical burn affecting nerve endings. The challenge for me was to locate what was causing the initial inflammation.

By feeding the body compatible foods only, we are getting closer to the **cause** of symptoms. We call this the **Point of Creation** of the disease. (POC) The term disease really means that cells are in a state of dis-ease. When cells are in a state of ease they function as they are supposed to.

The Naturopathic model has always focused on finding the cause and starting therapy from that level. Problem is, **cellular function and damage usually starts well below symptom level** and it can be very difficult at times to locate this starting point (POC).

By feeding the body in this manner we are stimulating the body’s natural ability to locate the starting point and repair from that point forward and in the **correct order** for each person. Our program allows the body to repair in whatever order it chooses, for example, a client may present with one major symptom and several other symptoms. In some cases, the major symptom disappears first. In other cases, the major symptom may be the last to disappear because the body is repairing other areas that contribute to the major symptom.

People do not need a test to tell them what they already know or had confirmed by other tests. If their previous care is so good or effective, why are they still sick?

OTHER THERAPIES

Compatibility testing forms a strong platform which will **support** your existing therapies to gain the most benefit for your clients. It does not replace your existing therapies but rather enhances their effects. In most cases, clients will need your normal therapies to help repair cellular DAMAGE caused by long term poor cellular function.

Usually I find that the Compatibility program is enough for clients to do for the first 4 weeks. In some cases, the initial crisis care will need to be addressed.

Overloading the client with too much therapy will often make it all too hard for the client and compliance will be poor or they simply give up.

EATING PLANS

Where your client is on a prescribed eating plan for a specific condition, it is best to keep them on their eating plan and adjust the foods in line with our test results.