

THE COMPATIBILITY LIST COMMENTS

This type of testing shows which food and products are Compatible or InCompatible with the individual. The person does not have to be in contact with a substance or consume the product, in order to test InCompatible to the substance/product.

Compatibility testing, is unlike antibody testing, where contact or ingestion produces antibodies as an indicator.

Using ONLY Compatible food and household products, helps to improve cellular function rather than only treating the symptoms. Improving cellular function, in turns improves organ function, thus improving system function/conditions/symptoms.

Creating the Lists has been an enormous undertaking over many years.

The Australian List of food samples have been collected from supermarkets and health shops within Australia. A similar process for the other country lists has also been applied.

Lists include: United Kingdom, America, Dubai, Singapore/India, New Zealand and Poland.

For other countries contact your Practitioner.

There are also specific extra Lists for Aldi, Coles, Woolworths and Indian. Ask your Practitioner about these.

The focal point of the program, is not just about avoiding foods, instead it is focused on repairing the areas of the body which are not functioning well enough from at cellular level. This happens when we build our diet from the remaining Compatible foods and Household products on The List.

These remaining foods will energise your cells and allow the body to repair as much as possible NATURALLY at the base cellular function.

Generally, we see around 75% symptom relief within the first 4 weeks.

Anything less than 75% may require intervention with Herbal medicine, Nutritional supplements, Homoeopathic remedies, or other Therapies recommended by your Practitioner.

SYNERGISM in foods is the interaction or cooperation of two or more components to produce a combined effect greater than the sum of their separate effects. This combination effect between all the components goes to make up the whole food. The finished product or combination of the components will have its own signature and determine its own compatibility. The combined signature will differ from the signature of each of the components.

COLLECTIVELY - The signature produced in the whole food combines with other food signatures in a similar manner as synergism. Each food signature can have either a positive (Compatible) or negative (InCompatible) effect on cellular function.

The more negative (InCompatible) foods the person consumes, the greater the effect on cellular function.

Bio-individuality is the key; one size does not fit all.

BRAND NAMES

Different brands contain different components. Some processed foods may contain the same ingredients but in different ratios. By nominating specific brands, the above variations are covered.

No special favour has been given to any manufacturer, and in some cases, several tests were carried out on brands, in order to locate the least reactive brand.

Remember the focal point is on what one **CAN** eat.

Processing and cooking can change the structure of the food. Synergism also plays a part in the testing.

For example, raw meat tastes different from cooked meat; boiled milk tastes different from fresh milk; fresh milk from the cow tastes different from bottled milk sold in supermarkets.

Any variation to the original food can affect its reactivity in the body.

If it tastes different it will be different in its structure and hence be different in the body's response/reaction.



GREEN VEGETABLES and OTHER VEGETABLES

The Classic Tomato as an example:

Where it says TOMATO, there has been a wide variety of tomatoes collected in four states to cover many variations in farming practices. This gives a very comprehensive sample within the test medium. The tomatoes were not washed so that the test medium includes chemicals and pollution.

There are over 28 different types of tomato, raw and cooked in the test medium.

If Tomato comes up in red, it means avoid all fresh and canned tomatoes.

NOTE: This applies to all vegetables on this list.

Where foods are eaten RAW and COOKED both forms are included.

Dried foods are included as cooked foods.

Canned foods are included in the test medium.

Organic forms have also been included.

MEATS

To achieve a comprehensive test, many samples were collected of each meat item and cooked with no additives of any kind. Each type of meat was baked in the oven on its own.

The beef test medium contains, grain fed, feed lot, organic, other.

The samples were collected from supermarkets and butcher shops across Australia.

This same process applies to chicken and all of the other meats on the list.

A common question is: "How come pork is marked in RED but ham and bacon are marked in black?" This is a clear example how foods can change with processing. From the testing perspective ham and bacon have been processed with other chemicals and additives which may cancelled the reactivity for that client. For others it may be the other way around.

SEEDS

The test for seeds includes each seed in all forms including organic. Test mediums are made from fresh samples as the oil content within the seeds can easily go rancid.

Sometimes seeds are included in other foods like breads. This is also where synergism can play a part.

For example, SESAME SEEDS are in red yet bread with sesame seeds on is in black or vice versa.

SESAME SEEDS also differ to TAHINI.

We test whole foods as they are eaten. NOT INDIVIDUAL COMPONENTS.

FRUIT

The test mediums for each fruit have been prepared in the same manner as mentioned above in the vegetable comments. RAISINS and SULTANAS; test medium includes all brands of organic and otherwise. Note that the Raisins and Sultanas in breakfast cereals can test differently because of processing and synergism as mentioned above.

OILS and FATS

The oils listed cover all forms and brands.

SEAFOOD

Seafood has many variations, it can depend on the species environment and what they have been ingesting. There are also a huge number of types of seafood.

There is 70 different types of WHITE FISH in the test medium. This gives a good coverage yet there are many more. Every year or so, samples from a local supermarket are bought, one piece of each variety that they have in stock and these are added to the medium. This covers imported varieties as much as possible.

Trials using specific types of fish, where the client has tested red on some varieties and not others, soon developed a reaction to all fish over time. Hence, if fish tests InCompatible it is best to avoid all fish while on the program. The same applies to the other seafood groups listed.

SHELLFISH includes all shellfish like prawns, crabs, lobster, oyster, bugs etc.

Fresh SALMON and TUNA are considered coloured fish. They are quite different in structure compared with white fish and are therefore tested separately.



BERRIES

The test medium for the individual items has been made from as many brands as could be found. Fresh is always the best healthy choice. However we have included frozen, commercial, organic, wild crafted.

SPROUTS

The sprouts named are from supermarkets. Today there are others available but please stick to the ones listed. Packaged sprouts may contain processing that extends shelf life. Sprouting from the seed list would be ok as well, as long as they are in black.

NUTS

The nuts listed include fresh and organic samples. Use any brands here, provided that the nuts are fresh. Nuts like seeds go off reasonably fast if not refrigerated and often will have a bitter taste. Eat only fresh.

ALCOHOL

Many brands were collected as possible to make up a test for each type. Generally, alcohol consumption even when Compatible can hinder the repair process.

DAIRY Products

The test medium for each item has been prepared from a variety of brands and constituents.

BUTTER includes salt and unsalted with no added oils. There are several brands included to cover the imported brands as well.

COW'S CHEESE includes all form and brands of soft and hard cheeses made from cow's milk.

CREAM covers all forms sold as cream, including thickened, sour and others.

FETTA. (often spelt different ways for marketing purposes) can be made from any animal milk.

The fetta here is made from goat's milk. Avoid all forms of fetta made from other animal milk.

SHEEP'S CHEESE is standard processed sheep cheese.

Where brand names are included, use those brands.

LACTOSE FREE Products

Where there is a brand name mentioned use that brand. Where there is no brand name mentioned, use any brand. Try to buy organic where possible.

TOFU and TEMPEH are of the plain forms only. Do not use the flavoured product (eg. added herbs) as they have not been tested here.

MILK ALTERNATIVES

Almond Activ Pure Harvest is the only brand name listed. All other Almond Milks are included under the Almond Milk test. This applies to the other alternative milks.

Coconut milk test includes Coconut Cream.

EGGS

The difference between the various types of eggs is often due to the type of feed the hens eat, and the way they are housed.

Sometimes people react to organic eggs and not the standard eggs. This is more related to the body's current state and ability to digest or use that form of egg, rather than its actual nutritional aspect.

If InCompatible to eggs, it is best to avoid both egg white and egg yolk for the repair process.

FERMENTED FOODS

The foods listed include all brands and forms of the fermented foods.

SOFT DRINKS – BEVERAGES – OTHER DRINKS

Some brands are named here. Where a brand name is listed use this brand. Where there is not a brand name use any brand within that item.

COLA includes all types – Coke, Pepsi, plus all other brands.

The test for COFFEE includes all forms of coffee, including Decaffeinated and instant.

The TEA test includes all black teas including Assam, Darjeeling, White, Oolong, Twinings etc

Green Tea is tested separately and found under Herbal Teas.

HERBAL TEAS

There are no brands listed. Use only the teas on The List. There are other types available including medicinal, these can be tested from a sample as an extra item.

DANDELION TEA includes both the leaf and the root.

GREEN TEA includes all brands like Twinings etc.

HERBS dried & fresh

The ones listed can be eaten fresh or dried. Once processed into paste or other processes they may test differently, hence may cause problems (refer to the Spice-Condiment section on The List for more items of herbs and spices).

Use only fresh or dried.

SPICE-CONDIMENT

These items are taken from supermarkets. They are processed and packaged.

Where brands are marked, use those brands otherwise use any brand.

Allspice is a spice on its own, whereas Mixed Spice is a combination of spices.

SAUCES

Sauces are processed items, so it is vital to use the brand names marked.

Other brands may contain other ingredients or be mixed in different ratios and could test differently.

Disclaimer: N.S. does not favour specific brands and has no arrangements with manufacturing companies.

Brand names are the sole property of the manufacturing company.

DRIED VEGETABLES

The items listed here come from supermarkets. They may differ from Indian/Asian supermarkets.

Use only the varieties listed.

COCONUT: includes desiccated coconut plus all other dried forms.

LENTILS (All): includes red, green, brown.

SPLIT PEAS: includes green, red, yellow.

STOCK/GRAVY

Use the brand names listed.

Most stocks contain a lot of salt, go easy with them.

Where an item has (All) beside it, it includes all brands of that item.

SUGARS – SWEETENERS

Your Practitioner may advise you in this area in line with your symptoms and nutritional requirements.

Most artificial sweeteners have not been included as we simply prefer people not to use them.

RICE

With more people moving away from gluten this section has been added.

As always use brands listed and if no brand is mentioned, any brand may be used.

RICE BROWN includes all rice labelled Brown.

RICE WHITE includes basmati, long and short grains, jasmine etc.



PASTA/PASTRY

While this section contains some Gluten Free items it also includes the classic PASTA and LASAGNE made from durum wheat.

Use the brands names listed here.

CRACKER/CRISPBREAD and BARS and CRISPS

While not always nutritionally very good, a lot of people eat them. Hence, it is necessary to know if these are effecting dis-ease in an individual.

Use the brand names marked. Some brands may not be available in some areas.

If absolutely necessary, testing from a sample as an extra item can be done.

SPREADS

Use the brand names marked only. Do not use other brands or types of spreads.

Homemade spreads are acceptable if made from the Compatible foods listed in black in your report.

BREAKFAST CEREALS

Another difficult area. Please use only the brands mentioned.

These highly processed foods are usually hard to digest.

There are foods on The List which make for a better choice for breakfast.

Eating Incompatible foods work collectively in the body. Collectively it could include your favourite cereal.

Consult your Practitioner for advice here.

SUPERMARKET BREADS

To make the test medium for WHITE, WHOLEMEAL & MULTIGRAIN breads, common brands of each were collected in supermarkets and have been included in the one test.

OTHER BREADS – Grain, Spelt, Rye, Sourdough, Sprouted, Gluten Free Wraps-Bases

Bread is one of the most complex of foods to include on the list. This being due to the limited number of testing spaces and an ever changing market of variety & amount.

Quite often if a person has a compromised digestion, bread more then likely will be difficult to digest.

Undigested bread in the gut can aggravate inflammation and cause bloating. Yeast can also aggravate inflammation.

Where brand names are included, use this brand only as other brands may contain reactive components.

The brands listed here are available in most areas.

Interestingly to note, the lower the sugar content in bread, the longer it takes to toast.

TOASTING is recommended, as the extra cooking reduces the action of remaining yeast, which can aggravate existing inflammation.

FLOURS

Flour is probably the most controversial food for Compatibility testing, as it is rarely eaten by itself.

The flour itself will change structure during cooking, hence it would be better to test the finished product as it is eaten.

Therefore, use this section of the test as a guideline.

The flour listed here are taken from supermarkets.

FLOUR WHEAT PLAIN & SR – specifically this form is for cake making. Cake making flour and bread making flours can vary a lot because of the processing and the type of wheat variety. They can contain pesticides, bleach and other additives to help the flour perform better during cooking.

CRISPS

There are numerous crisps available today. Use the brands listed or send in samples for testing other brands.



GLUTEN FREE

The gluten free items here come from supermarkets. Some brands are not available in some areas and individual testing may be required. Use the brand names included.

The foods in this section (also listed within other sections) may test differently from similar foods in other sections, as they would have been processed differently.

CHOCOLATES / SWEETS

The test mediums list separate brands of chocolate, each include plain, dark and white forms.

The List does not include bars, combination sweets or chocolates that contain fruit, nuts or other fillings.

HEALTH SHOP Products

The products listed here are taken from Health shops and health section of Supermarkets.

Packaged items include all commonly used brands within the test medium.

They are not to be confused with similar foods listed elsewhere on The List.

COMMON SUPPLEMENTS

These items include both supermarket and health shop brands.

It does not contain professional brands unless specified.

If a different brand/product is being used, it will need to be tested by a sample, discontinued, or choose one from The List, for the 6 months.

PROTEIN POWDERS

Due to the amount of protein powders on the market and their specific formulas, the list contains their base powder such as Whey, Rice and Pea. Specific brands can be tested by a sample.

NATURAL HOME PRODUCTS

Listed here, are the brands which over years tested the least reactive.

Note, some items in this section may be listed under another relevant section – so please check here for a ‘more natural’ product.

BATHROOM CHEMICALS

Another nightmare for consumers.

Chemical overload is very common today. It is virtually impossible to avoid toxic chemicals completely.

Stick to using the brands listed.

Keep chemical usage to a bare minimum.

LAUNDRY PRODUCTS

One big problem with most laundry products is perfume. These perfume odours often have a secondary effect on existing inflammation related to headaches. The less perfume the better.

Laundry products are particularly important when concerned with skin and respiratory conditions.

When possible, change to the brands listed or use the ‘plain’ variety listed under Natural products, which will have less chemicals in it.

There are too many brands to include them all. Listed are some of the more common brands. Any brands not on the list can be tested from a sample if necessary.

KITCHEN CLEANING

Residue from washing up liquids can be quite detrimental. If dishes are currently being hand washed and are not being rinsed, please start rinsing everything under a running tap when washing up in order to minimise the soap residue.

Dishwasher products have not been included as the dishes are usually very well rinsed and hence don’t tend to add to the toxic load.

Several common brands are listed.



DEODORANTS

Use the brands listed. It is preferable to use Aluminum free deodorants. Other brands can be tested from a sample.

SUNSCREENS

In the 1980s, information became available saying that anything over SPF 7 was carcinogenic hence these are not recommended to use with any skin condition.

As some people choose to use them still, several brands are included on The List.

TOOTHPASTE

Toothpaste choice is very important. Incredible changes have been seen just by correcting toothpaste brands. Where a brand name is listed, use any within that range.

There are a lot of chemicals in toothpaste so plain/basic is best.

HAIR/FIBRES

While it is generally the Compatible foods that accelerate the repair process, outside influences such as fibres, metals and cleaning products also influence the body's ability to self-heal.

This is another difficult area to follow as it is near impossible to avoid COTTON and POLYESTER yet please do the best you can.

Bedding is a very important area, as many hours are spent in bed allowing our bodies to rest and repair. If the fibre we sleep on such as polyester is InCompatible, avoid polyester bedding and use cotton bedding.

It is also almost impossible to avoid fibres in clothing but do the best you can. BAMBOO is now included to give another alternative.

MIXED FEATHERS include feathers in doonas, pillows and other areas of clothing.

This test also relates directly to chickens, birds and cages.

As an example: an asthma client, who presented InCompatible to feathers, discovered sparrows had built a nest outside his office window. Once the sparrows were gone, so was his asthma. It pays to think laterally sometimes.

METALS

GOLD is mainly found in jewellery and fillings in teeth.

If gold presents InCompatible, please remove all gold jewelry for the 6-month timespan. It is ok to wear it occasionally, for example when going out, but remove it again once back home.

If you prefer to wear wedding/significant jewelry that's ok - your Practitioner will help to work around that, in some cases homeopathics may need to be used as well.

SILVER is much the same as with gold.

NOTE: Wearing metals can either boost or suppress your energy flow in acupuncture meridians, especially where body piercings are involved. This can hinder the repair process.

MERCURY and silver are found in amalgam fillings. Removal is recommended by a Holistic Dentist.

Again, the use the homeopathics/detox regimes can be used here depending on how the progress is at the 4-week stage.

ALUMINUM relates to drink cans, cooking utensils, foil wrap and Aluminum products. Some packaging has aluminum lining, best to avoid where possible. Other manufactured products like deodorants may contain some form of aluminum but these products come under the synergism umbrella (look specifically under the headings like Deodorant and Shampoo).

Aluminum can also be a problem for people who work with aluminum.

OINTMENTS

Where ointments/creams are recommended, consult your Practitioner if you are using other brands.



PETRO CHEMICALS

These products are generally for people who work with them like motor mechanics, truck drivers and service station or refinery workers.

Petro Chemicals can be very difficult to remove and homeopathics/Detox regime can be of great help here. In the past, some people have had to change professions where the contact has been beyond their body's capability to repair.

Petroleum products that are used in other products like make-up, body care and food processing will come under the synergism concept.

Fumes from vehicles can also affect overall reactivity. Car fumes however test differently from the Petrol and Diesel on The List, car fumes are the result of burning these fuels.

When tested InCompatible to PETROL or DIESEL, it is suggested when filling up the car, to use disposable gloves, wear a mask and avoid breathing in the fumes as much as possible. Holding a handkerchief over the face is often usually enough.

MISCELLANEOUS

The List is ever evolving and these items have been randomly added, and yet to be placed within its own Section.

Please be mindful to check this section when something cannot be found on The List

FINAL NOTE: Remember the instruction: "IF YOUR PRODUCT IS NOT ON THE LIST, ASSUME IT IS INCOMPATIBLE AND AVOID USE"

If you wish to have other Foods and Household products tested it can be done by you providing a sample. There is a limit of 5 items. Fees apply. Contact your Practitioner.