

Here's how a simple program can change your life...



The wellness program is the result of more than 30 years of research and development by experienced natural health practitioners.

Behind the program lies the principle that 'dis-ease' in your body can be aggravated by certain foods and/or products interfering with the body, preventing it from working properly.

Find out what you CAN eat/use

Feeding your body correctly may assist your immune system to deal with other issues more effectively.

This means, by following the program, your immune system gets to deal with each issue in a way that works best for your body.

How does the Program work?

We determine which foods and household products are best for the individual. With this valuable information, your practitioner will develop an effective, individual client care protocol for you.

We also have two specialty lists - one for babies and another for pets.

Your Practitioner can assist with these.

A Program as unique as you are!

The Compatibility Program is NOT a 'one-size-fits-all' solution, but instead, it represents your individual requirements and responses.

As a result of its effectiveness in this area, it has become widely regarded as the essential tool for proactive professionals - especially those who want to go beyond treating the symptoms, offering a holistic approach to wellness.

What's the next step?

If you would like to know more about the program, talk to your health care Practitioner.

He/she will explain all you need to know and what is required.

Now you are ready to make a commitment to your wellbeing and unlock the simple secrets to a healthier happier you:

Practitioner

You'll see a lasting change because the program is working at the very root of the issue - NOT just masking the symptoms

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



**Find Foods
COMPATIBLE
with your
BODY**

**Unlock simple
secrets**

**Over 500 everyday Foods
& Household
products**

Our 500 standard list includes ...

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 onion
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/oil/meal
Poppy
Pumpkin/Pepitas
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarin
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultan
Rockmelon
Watermelon

OILS / FATS

Avocado Oil
Coconut Oil
Ghee
Rice Bran Oil
Sesame Oil
Sunflower Oil

SEAFOOD

Calamari
Fish (white)
Salmon
Sardine in oil
Shellfish (All)
Tuna

BERRIES

Blackberry
Blueberry
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans

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
Yoghurt Sheep

LACTOSE FREE Product

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 Har.
Coconut milk
Oat milk
Rice milk
Soy milk

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

List subject to change. Brand names remain the property of their respective companies and are used as examples only.

Salt (refined)
Salt Celtic sea salt
Salt Herb Vege
Salt Himalayan
Salt Rock Salt
Tarragon
Thyme
Turmeric
Vanilla (pure)

Vinegar (all types)
Vinegar Apple Cider
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 Org Passata
Oyster sauce (All)
Soy sauce (All)
Soy Tamari sauce (All)
Soy Coconut amino
Sweet Chilli sauce
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
Beef Stock (Massel)
Beef Stock Campbell
Bonox

Chicken Stock Massel
ChickenStockCampbell
Vege stock Aus Own
Vege Stock Massel
Gravox (All)
Gravy mix Massel
Gravy Mix Orgran
Miso (All)

SUGARS/ Sweeteners
Erythritol
Stevia
Honey
Honey Manuka
Mesquite powder
Syrup Agave
Sugar Brown
Sugar Raw
Sugar White
Sugar Coconut
Sugar Palm
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 Coles
GF Pasta San Remo
Pasta (Durum wheat)
Buckwheat Spirals
Buckwheat San Remo
Lasagne Sheets Macro
Puff pastry
Wheat Noodles

CRACKER/CRISPBREAD

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

SPREAD/PASTE

St Dalfours GF jam
Vegemite/ Ozemite
ABC spread Melrose
Coco Hazlenut Pure Har
Hommmus
Tahini Unhulled (All)
Vege spread Freedom

BREAKFAST CEREALS

Cornflakes (All)

Goodness Cereals
Just Right
Oat Bran
Rolled Oats
Vita Brits
Weet Bix
Special K
AB Buckwheat
Abund Earth CornPuff
Carmens Muesli
Crunchola Apple
Free & Low Muesli
Lowan Rice Porridge
Millet Puffs
Polenta
Oats GF
Weet-Bix GF

BREADS Supermarket

White
Wholemeal
AG Vital bread
Burgin Soy-Lin
Goanna Bakery Rice
Multigrain bread
Alpine Spelt Sprouted
Ancient Grain Tigris
Bakers Delight Spelt
Bodis Dinklebrot
Healthybake Spelt
Kamut bread
Naturis organic spelt
Paulos Spelt Loaf
Sprouted Spelt bread
Burgin Rye bread
Helgas Light Rye
King Henry Rye
Pumpnickel 100%
Alpine Spelt & Barley
Alpine Spelt sprouted
Brasserie Sourdough
BrasserieQuinoa/Soy
Healthybake FH Rye
New Norcia Spelt
Strange Grains Buckw
Zeally Bay Sourdough
Bohdis Sprouted
Pure Life SprouteSpelt
ESSENE sprouted
Pure Life Bio.D. Ezek
Bohdis GF Chia
Bohdis GF Multi Grain
Bohdis GF Yeast free
Bohdis Lupin loaf
Burgin GF Soy Lin
Burgin GF sunflower
Burgin GF White
Country Life GF
Country Life Yeast GF
Helga's GF bread
Moores GF.yeast free
Naturis GF rice loaf
Precinct GF Quinoa
Bak DeLow Fodmap

WRAPS/BASES

Corn tortilla
GF wraps
Plain wheat wraps
Quinoa wraps
Rice Thins
Rice wraps
Spelt wraps

BAR

Carmans Muesli bar
Carmens Dark Choc
Go Natural Fruit Nut

FLOURS

Amaranth
Arrowroot
Banana
Barley
Besan
Buckwheat
Cornflour
Cassava
Coconut
GF SR
GF Plain
Potato
Quinoa
Rye
Sorghum
Spelt
Wheat Plain&SR

CRISPS

Macro org Corn
Macro Root Vege
Smiths original

CHOCOLATE SWEET

Cacao Butter
Cacao raw powder
Carob
Chocolate Lindt
Chocolate Cadbury
Chocolate Dove
Chocolate Haigs SA
Chocolate Nestle
Frey Dark Choc
Green & BlackOrgDk
Liquorice
Loving Earth Choc
Loving Earth Dk Org
Pana Chocolate

HEALTH SHOP Prod

Acai powder
Betonite clay
Black seed (nigella)
Bone broth (All)
Beef Gelatincollagen
Barley Grain
Bean Adzuki
Bean Borlotti
PLUS MANY MORE

COMPATIBILITY PROGRAM

Please complete the following:

Name: _____

DOB: ____ / ____ / ____ ☐ Male ☐ Female

Address: _____

Suburb: _____ State: _____

Postcode: _____ Phone: _____

Email: _____

My symptoms include (tick all appropriate)

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Acne | <input type="checkbox"/> Digestive | <input type="checkbox"/> Migraine |
| <input type="checkbox"/> ADD/HD | <input type="checkbox"/> Earache | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Excess mucus | <input type="checkbox"/> Psoriasis |
| <input type="checkbox"/> Bad Breath | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Rashes/itchy skin |
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Flatulence | <input type="checkbox"/> Restless legs |
| <input type="checkbox"/> Brain fog | <input type="checkbox"/> Headache | <input type="checkbox"/> Sinus/Hayfever |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Hives | <input type="checkbox"/> Sleep Disorders |
| <input type="checkbox"/> Diarrhoea | <input type="checkbox"/> Irritable bowel | <input type="checkbox"/> Thrush |

Other _____

Please post to your Practitioner
Amount of hair _____

Practitioner _____