



TEST DATE:

7 Jul 2021

# COMPATIBILITY

## TEST REPORT

Client Sample Report

**Practitioner Details**

Naturopathic Services Pty Ltd

# GETTING YOU STARTED

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

## Step one



Fill in Meal Diary and return it to your Consultant.

The completed diary will give us a detailed look at the foods you are currently eating

## Step two



Your Consultant will give instructions on removing the InCompatible foods and replace them with the Compatible foods listed in Black in this report.

## Step three



Your corrected Meal Diary will be your food list for the next 4 weeks.  
It is Ok to mix any foods in your corrected list.  
At week 4, consult your Consultant for further instructions.

## Clients choose us!



# The Compatibility PROGRAM

## NOT AN ALLERGY TEST

Foods known to have caused anaphylaxis response, plus any known reactive foods, **SHOULD NOT BE REINTRODUCED**

The Compatibility Programs focal point, is at a much deeper level.

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## ABOUT THE COMPATIBILITY PROGRAM

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.

This Alternative test is used only through qualified Practitioners.



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  
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)  
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/CRISP/BREAD

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 (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  
 Pumpernickel

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

Orgran 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  
 Cranberries Dried  
 Diatomaceous Earth FG  
 Dulce (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-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 Charcoal  
Grants Herbal  
Jack and Jill  
Red Seal  
Silicea silica  
Thieves  
Vicc 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



# 6 MONTH PROGRAM

## SEE THE DIFFERENCE

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.

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.

Filling in this table will give you a tangible way to plan your recovery.

This will keep you motivated to stick with the program and help you see how your body is responding to the program.

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.



# PROGRESS REPORT

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Acne/Rosacea	0% 10% 20% 40% 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	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Cold Sores	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
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%
Brain fog	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Muscle aches and pains	0% 10% 20% 40% 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 detail will be forwarded to any other party without my permission

SIGNATURE:

\_\_\_\_\_

# QUESTION AND ANSWERS



## 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 mucus, 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.

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

**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 reactiveness.

**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 tolerant.

## **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 **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.

# RESULTS



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

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.

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.

## **PROGRESS - RE-ASSESSMENT while ON the PROGRAM**

At different stages the Consultant will be able to assess your progress, and assist your experiences whilst on the program. Our aim is to have a good measure of symptom relief.

If you are not progressing well enough, the Consultant may look at other factors or simply give it more time for your body to repair and ask you to fill out another Progress Report.

It takes a minimum of six months for your body to repair. In the case of severe tissue damage, it may take even longer.

The number and frequency of follow-up consultations will be determined by your individual needs

# 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 program - 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.

## Contact your Wellness Consultant for Reduced Retest Fee.

Client Sample Report

Expiry Date: 7/4/2022

Keep this  
Voucher!

### 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)



### PAYMENT DETAILS

Card Number:

Cardholder Name: \_\_\_\_\_

Credit Card Type:  MasterCard  Visa

Expiry Date \_\_\_\_ / \_\_\_\_ CVV \_\_\_\_

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