

COMPATIBILITY TEST REPORT

Client Details:	Client Sample Report 20 Myall Drive Your Town 1234 567 890 client@yourtown.com.au	Sex:	Female
		Date of Birth:	12/5/1987
Parent's Name:		Symptoms:	Arthritis Diarrohea Headache/Migraine Irritable Bowel Muscle aches and pains
Test Version:	500 Standard +		
Test Date:	11/7/2017		
Other:			

Dear Client Sample Report

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

CONSULTANT'S DETAILS

[Go Here](#)

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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.

GETTING YOU STARTED

- 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. **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**. Eat the allowable foods in any combination. 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 professional of your choice.

GREEN VEGETABLES**Asparagus**

Beans
Buk choy
Brussels Sprouts
Cabbage
Celery
Choy sum
Kale
Leeks
Lettuce
Olives
Okra
Parsley
Pak choy
Rocket
Shallots/spring onions
Snow Peas
Wombok cabbage

OTHER VEGETABLES

Avocado
B/Beans W.Worths Org
Baked Beans (Heinz)
Baked Beans SPC
Beetroot
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Choko
Corn
Cucumber
Eggplant
Fennel
Gherkins (bottle)
Globe Artichoke
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
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
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 / Sultanas
Rockmelon
Watermelon

OILS / FATS

Avocado oil
Coconut oil
Ghee
Grape Seed Oil
Macadamia oil
Olive Oil
Rice Bran Oil
Sesame oil
Sunflower (Crisco)

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/meal
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

Beer
Bourbon
Brandy
Gin
Kahlua
Rum
Tia Maria
Vodka
Whiskey
Wine Red
Wine White/champagne

OTHER DRINKS

Caro
Ecco
Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
Jarrah hot chocolate
Sunraysia Prune juice
Milo
Ovaltine
Ribena
Rooibos Tea
Sprite-Lemonade
Schweppes Lemonade
Soda Water
Tonic water
Tea (black)

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea

BISCUITS

Arnott Orange
Arnott Delta Cream
Crackers Snaps
Crackers Premium
Jatz original
Milk Arrowroot
Sakata plain
Sao
Vita Weat original

HERBS/dried & fresh

Basil
Chives
Coriander
Lemon Grass
Mixed Herbs
Oregano
Rosemary

SAUCES

AYAM Oyster
B.B.Q. Master Foods
Hoi Sin
Horseradish
Mayo. Praise Traditional
Mayonnaise Kraft
Soy sauce (ALL)
Sweet Chilli Fountain
Tomato HEINZ big red
Tomato Paste Leggo's
Tomato paste Select
Tomato Sauce Fountain
Worcestershire sauce

DRIED VEGETABLES

Chick Peas
Coconut
Dried Beans
Lentils
Split Peas

STOCK

Beef Stock Campbell's
Beef Stock (Massel)
Bonox
Chicken Stock Campbell's
Chicken Stock (Massel)
Miso
Massel Gravy mix
Vegetable Stock (Massel)

SUGARS/ Sweeteners

Agave
Coconut sugar
Golden Syrup
Honey
Manuka Honey
Maple Syrup
Palm Sugar
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol

OTHER MILKS

Almond milk
Coconut milk
Oat milk
Rice Milk (So-Natural)
Rice Milk (Australia's Own)
Rice Milk (Rice Dream)
Soy Milk So-Good
Soy Milk So Natural
Bonsoy

FLOUR / GRAINS

Cornflour [wheat free]
Pasta (Durum wheat)
Rice Brown (ALL)
Rice White (ALL)
Rice noodles

HERB-SPICE-CONDIMENT

All spice
Bay Leaf
Bi Carb Soda
Baking Powder
Cajun Spices
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Hommmus
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Herbamare Vege Original
Salt Himalayan
Salt Rock Salt
Tabouli
Tarragon
Thyme

Herbs/Spice Cont.

Trocomare Vege Salt
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider
Xanthan gum

SOY PRODUCTS

Tofu
Tempeh

SPREADS

Cottees Blackberry Jam
Cottees Marmalade
Nutella
St Dalfours strawberry Jam
St Dalfours wild blueberry Jam
Vegemite
Ozemite

BREAKFAST CEREALS

CRUNCHOLA Apple and Blueberry
FREE AND LOW Muesli
GOOD MORNING Millet Puffs
Lecithin
LOWAN Rice Porridge
Polenta

DAIRY

Butter
Cows Cheese (All types)
Cows Yoghurt
Cream (All types)
Eggs
Fetta Cheese (goat)
Goats Cheese
Goats Milk
Icecream (Peter's Vanilla)
Icecream soy
Margarine (Flora)
Margarine (Nuttelex)
Milk A2
Milk Carnation
Milk Full Cream
Milk Skim
Sheep Cheese
Sheep Yoghurt
Zymil (lactose free milk)

Supermarket BREADS

Corn Thins
Healthy Soft Sorj wrap

Supermarket Breads Cont.

Rice Thins
White
Wholemeal
Mountain Rice
King Henry Rye
Pumpernickel 100% Rye

Health Shop/Other BREADS

Ancient Grain Tigris Spelt
Ancient Grain Devonport Rye
ESSENE sprouted bread
Organic Kamut (SOL)
Paine DE Campagne (SOL)
Naturis organic spelt
Naturis Buckwheat bread
Naturis Wholemeal bread
Lifestyle Ancient Grain
Flinders Sourdough bread

BOHDIS BREADS (WA)

GF CHIA Linseed
LUPIN LOAF
GF Multi Grain
GF YEAST FREE

CHOCOLATE / SWEETS

Cocoa (Cadbury)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haigs SA)
Chocolate (SWEET WILLIAM)
Liquorice

GLUTEN FREE

GF Bread crumbs
G.F. Weet-Bix
Greens Pancake mix
Coles GF Spaghetti
Fantastic Chicken Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
Go Natural Fruit & Nut bar
ORGRAN Buckwheat Flour
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti Tom Sauce
SAN REMO Glut Free Pasta
MOORE'S GF.yeast free bread
Country Life Yeast/wheat GF
Naturis GF rice loaf
Naturis Org Spelt
Gluten Free Oats

Supermarket CEREALS

Cornflakes (all)
Crunchy Nut
Goodness Cereals (all)
Just Right
Oat Bran
Oat Brits
Rice Bran
Rice Bubbles
Rolled Oats
Vita Brits
Weet Bix
Special K
Sultana Bran

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener Cuddly
Fabric Softener Fluffy
Lux Flakes (laundry)
Napisan
Omo
Preen
Radiant
Sard Wonder Soaker
Windex
Wool Mix M.Gardner

EARTH CHOICE PRODUCTS

Fabric Softener
Laundry liquid
Multi Purpose spray
Wool Mix
Dish Liquid
Floor-surface

DEODORANTS

Body Choice Natural
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day
Sunscreen UV Triplegard
Coles every day
Woolworths Every Day
Cancer Council
Nivea

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Shampoo Head & Shoulders
Shampoo Pantene
Shampoo (Alchemy)
Shampoo Garnier Fructis ALL
Shaving Foam Gillette
Shaving Gel Nivea
Soap Pears
Soap Dove
Talcum Powder

KITCHEN/Cleaning Products

Ajax Spray & Wipe
 Domestos
Exit Mould
 Insect Spray (all)
 Jif
 Morning Fresh
 Palmolive Dish Liquid
 Pine-O-Cleen
 Shower Power
 Sunlight Dish Liquid

TOOTHPASTE

Colgate (all types)
 Grants Herbal
 McLeans (all types)
 RED SEAL Herbal
 Sensodyne
 Steradent
 VICCO Herbal

HAIR/FIBRES

Cotton
 Mixed Feathers
 Polyester
Wool
 Bamboo

METALS

Aluminium
 Gold
 Mercury
 Silver

COMMON SUPPLEMENTS

Ammodine
 Aloe Vera
 Chlorella
 Fish oil Capsules
 Inner Health Plus
 Inner Health plus Dairy free
 Krill Oil
 Rose Hip Oil
 Lugol
 Nordic Fish Oils
 Psyllium
 Slippery Elm Powder
 Spirulina
 Barley Green
 Wheat grass
 Herbal Fibre blend
 ISOWhey Protein Powder

CREAMS AND OINTMENTS

Arnica (Martin & Pleasance)
 Calendula (Martin & Pleasance)
 Comfrey (Martin & Pleasance)
 Chickweed (Greenridge)
Papaw ointment (Lucas)
 Thuja (Martin & Pleasance)
 Sorbolene

PETRO CHEMICALS

Diesel
 Kerosene
 Methylated Spirits
 Petrol
 Engine oil
 Cigarette Smoke

CHEMIST PRODUCTS

Aspro
 Demazin Cold & Flu
 Nurofen
 Nurofen Plus
 Panadine
 Paracetamol Heron
 Paracetamol Panadol

HEALTH SHOP/ ORGANIC

Barley Grain
 Bean Adzuki
 Bean Borlotti
 Bean Broad
 Bean Cannellini
 Bean Kidney
 Bean Lima
 Blackstrap Molasses
 Butter Chicken OZGANICS
 Carob
 Chickpea Splits
 Coconut butter
 Coconut water
 Cous Cous
 Cranberries Dried
 Falafel
 Flour Amaranth
 Flour BESAN
 Flour Buckwheat
 Flour Coconut
Flour Kamut
 Flour Maize
 Flour Potato
 Flour Quinoa
 Flour Rye
 Flour Soy
 Flour Spelt
 Flour Tapioca
 Goji Berries
 Hazelnut Meal
 Maca Powder
Millet Grain
 Moong Dahl
 Nori
 Pecan butter
 EGGS (ORGANIC)
 Quinoa Grain
 Rapadura Sugar
 Raw Cacao
 Red Lentils
 Thai Green Curry OZGANICS
 Wild Blueberry
 Wild Raspberries
 Wild Rice

PROTEIN POWDERS

Bioceuticals AMINOPLEX
 Tony Spiers PEA PROTEIN
 Ezyprotein Choc & W.Berry

CELLOIDS

SS69
 SP96
 S79
 PS 29
 PP85
 PC73
 MP 65
 IP82
 CS 36
 CP 57
 CF43
 Tissue Salts Option

EXTRA ITEMS

Alcoholic Apple Cider (all plain)
Duck Eggs

ALDI LIST

SNACKS

Belmont Choc Crème Wafers
Brookdale Creamed Rice
Damora Rice Cracker
Damora Wafer Crackers
Griffins Macaroon Biscuits
Hillcrest Fruity Filled Bars Apple/cinn
Hillcrest Oat Bars Apricot/Dark Choc
Palazzo Milk Choc Cookies
The Cake Stall Choc Chip muffins

BREADS

Bakers Life Sourdough Bread
Bakers Life Super Soft white bread
Bakers Life white sandwich bread
FRESH pizza bases
HAS NO G F White bread
Karnig 14 Seeds & Grains Bread
Bakers life Turkish Bread
Bakers Life Croissants

BATH/KITCHEN/LAUNDRY

Dentitex Total Care toothpaste
Head Strong for men 2 in 1 sham/cond
Head Strong Shampoo & Conditioner
Kids Funtime 3in1 Shampoo Condit Body Wash
Laundrite Laundry Liquid
OMBRA sunscreen lotion
Original Source Moisturising Shower wash
PRO Multi Purp[ose Cleaner Lemon
Tricare Hand Sanitiser
Trimat Laundry powder
Unamat Dish Liquid
PRO Bath and Shower Cleaner
Dentitex Ultra Fresh Mouthwash

CHOCOLATE

Chocolate Choceur Milk
Chocolate Choceur White
Chocolate Moser Roth Dark/Sea Salt
Chocolate Moser Roth Milk

OTHER FOODS

Farmdale Organic Tomato Paste
LACFREE milk
Farmdale Pouring Custard
Farmwood Chicken Nugget
Egg Fetticcine
Ocean Royal Fish Finger
Elimsberg Party Pie
Simplee 2 min Noodles Chicken
HAS NO Almond & Vanilla Muesli
ORGANIC Muesli Clusters
Colway CREAMY Mayonnaise

OTHER FOODS Continued

Grandessa Apricot Jam
Grandessa Blackcurrent Jam
Colway Tomato Sauce
Colway Barbeque Sauce
Corale Baked Beans
Berg cocktail Frankfurts
Ocean Royal Fish Fillets
Cuisine Pizza slices Hawaiian
Elmsbury Sausage Rolls
Farmwood Chicken Schnitzel
Seasons Pride Beer Batter Fries
Streets Vanilla Icecream
Inner Goodness Rice supreme milk
Inner Goodness Coconut Milk
ASIA Green Curry Paste
Portview Sardines in Tom Sauce
GoldenVale Muesli
DAMORA Thin Rice Cakes
ORGANIC Toasted Muesli
Just Organic Milk Chocolate
Just Organic Dark Chocolate
Just Organic Tomato Paste
Farmdale Caramel Pour
Luv-a-Duck Whole Duck frozen
Monaco Utopia Minis Mixed

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: Client Sample Report 20 Myall Drive Your Town 1234 567 890 client@yourtown.com.au	Test Version: 500 Standard + Test Date: 11/7/2017 Sex: Female Date of Birth: 12/5/1987
Parent's Name:	

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	6 MONTHS
Arthritis	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%	
Diarrohea	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%	
Headache/Migraine	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%	
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 details will be forwarded to any other party

Signature: _____

Your Consultant is

CONSULTANT'S DETAILS

Go Here

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 Fax 9512 3570
 ABN 2378649725609

8 WEEK PROGRESS REPORT

Client Details: Client Sample Report
 20 Myall Drive
 Your Town
 1234 567 890
 client@yourtown.com.au

Test Version: 500 Standard +

Test Date: 11/7/2017

Sex: Female

Date of Birth: 12/5/1987

Parent's Name:

SYMPTOM	WEEK5	WEEK 6	WEEK 7	WEEK 8	12 MONTHS
Arthritis	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%	
Diarrohea	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%	
Headache/Migraine	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%	
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%	
	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:

12 WEEK PROGRESS REPORT

Client Details: Client Sample Report 20 Myall Drive Your Town 1234 567 890 client@yourtown.com.au	Test Version: 500 Standard + Test Date: 11/7/2017 Sex: Female Date of Birth: 12/5/1987
Parent's Name:	

SYMPTOM	WEEK9	WEEK 10	WEEK 11	WEEK 12	
Arthritis	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%	
Diarrohea	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%	
Headache/Migraine	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%	
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%	
	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: Client Sample Report 20 Myall Drive Your Town 1234 567 890 client@yourtown.com.au	Test Version: 500 Standard + Test Date: 11/7/2017 Sex: Female Date of Birth: 12/5/1987
Parent's Name:	

SYMPTOM	WEEK 13	WEEK 14	WEEK 15	WEEK 16	
Arthritis	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%	
Diarrohea	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%	
Headache/Migraine	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%	
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%	
	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:

20 WEEK PROGRESS REPORT

Client Details: Client Sample Report 20 Myall Drive Your Town 1234 567 890 client@yourtown.com.au	Test Version: 500 Standard + Test Date: 11/7/2017 Sex: Female Date of Birth: 12/5/1987
Parent's Name:	

SYMPTOM	WEEK 17	WEEK 18	WEEK 19	WEEK 20	
Arthritis	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%	
Diarrohea	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%	
Headache/Migraine	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%	
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%	
	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:

24 WEEK PROGRESS REPORT

Client Details: Client Sample Report 20 Myall Drive Your Town 1234 567 890 client@yourtown.com.au	Test Version: 500 Standard + Test Date: 11/7/2017 Sex: Female Date of Birth: 12/5/1987
Parent's Name:	

SYMPTOM	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
Arthritis	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%	
Diarrohea	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%	
Headache/Migraine	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%	
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%	
	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:

Questions 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 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)

Bio-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 disease states. The Bio-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 mucous, 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.

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. 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 temporary 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.

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 neutralize the original 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. 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 tolerable.

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 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 **them 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.

Please Note

ANAPHYLAXIS ALLERGIES and INTOLERANCES

Substances known to have caused anaphylaxis, allergic plus any other type of reaction in the past must not be Re-introduced (even if they appear in Black). This test does not cover “allergies or intolerances”.

RESULTS

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 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 AFTER FOUR WEEKS ON YOUR PROGRAM

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 another 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.

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. If Retests are done after 9 months the body may have changed and it will be necessary to start the program again.**

Client Details: Client Sample Report
20 Myall Drive
Your Town
1234 567 890
client@yourtown.com.au
11/4/2018

Expiry Date

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)

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

CONSULTANT'S DETAILS

Go Here

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