

TEST REPORT

Client Details:	Client Sample Report Street Address Country 123 456 789 client@the top.com.au	Sex:	Female
		Date of Birth:	12/5/1973
Parent's Name:		Symptoms:	Arthritis Headache/Migraine Asthma Chronic Fatigue
Test Version:	500 Standard +		
Test Date:	30/8/2016		
Other:	Extra items tested go here. They are marked as compatible or in-compatible.		

Dear Client

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:

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The first step is to fill out the meal diary for the first week and return it to your Consultant.

This will give you and your Consultant 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.

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Your corrected meal diary will give you a list of foods to build your meals from for the next 4 weeks.

Fill out your 4 week Progress Report as advised by your Consultant.

At your 4 week appointment your Consultant will advise you further.

After 4 weeks your Consultant determines if you have progressed well enough to add in more of the foods listed in black in your test results. Even if all your symptoms have cleared it is vital you continue for the full 6 months to allow the body to repair as much as possible.

Your Wellness Consultant is

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Dear Client:

The purpose of this test is to correct whatever immune system problem is causing your symptoms. There are hundreds of components that make up foods and it is impossible to 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 does not get at the cause. The problem 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. Replace any brands that are not on the list with ones that are on your list that are in Black.
- **At the end of the week, your Consultant will review your list and correct it in line with your test results.** Any foods, drinks etc that you have eaten that are not compatible (**Red** and **Green**) will be replaced with compatible foods on your list. (Black)
- This corrected Meal Diary becomes your diet for the first 4 weeks. Along with this fill out the **4week Progress Report**. Your Consultant will use this information to advise you further, make changes as needed and introduce other therapies if required.

GREEN VEGETABLESAsparagus

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
Worcester 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
Hommus
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

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
Nivia

BATHROOM CHEMICALS

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

FOUR 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 Street Address Country 123 456 789 client@the top.com.au	Test Version: 500 Standard + Test Date: 30/8/2016 Sex: Female Date of Birth: 12/5/1973
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%	
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%	
Asthma	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%	
Chronic Fatigue	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%	

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: _____
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Your Consultant is TAMMY SAFI Greenacre Natural Therapies 63 Noble Avenue GREENACRE NSW 2190	Phone (02) 9709 4265 Email tammy.safi@gmail.com Fax ABN 794 66878472
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KEEP THIS VOUCHER!

RETEST VOUCHER


Recommended between six and nine months

To get the full 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.**

Clients, who submit their Retest Voucher before the expiry date receive a discount on their test.

<p>Client Details: Client Sample Report Street Address Country 123 456 789 client@the top.com.au</p> <p>Expiry Date: 30/5/2017</p> <p>Parent's Name: _____</p>	<p>Hair sample</p> <p>Please also provide a hair sample big enough to cover the shaded area </p> <p><small>(Hair colours, perms, and medications DO NOT affect results)</small></p>
	<p>Contact your Wellness Consultant for Reduced Retest Fee.</p>

Payment details

Card Number:

Cardholder Name: _____

Credit Card Type: MasterCard Visa

Expiry Date ____ / ____ Signature: _____

Your Wellness Consultant is	
TAMMY SAFI	Phone (02) 9709 4265
Greenacre Natural Therapies	Email tammy.safi@gmail.com
63 Noble Avenue	Fax
GREENACRE NSW 2190	ABN 794 66878472

Some important things to bear in mind...

AIRBORNE SENSITIVITIES

The bulk of the reactive response is from what we ingest. The impact of airborne and contact reactions can add to the overall reactive process. Often correcting the diet will be enough to take the 'load' off the body to allow the correction.

This is one reason why it's important to assess your progress after four weeks on the program. At this stage, if necessary your Consultant can introduce other remedies to help desensitize to the irritants.

DUSTMITE, HOUSEDUST, POLLENS AND CHEMICALS

Dust mites are often considered as the major cause of many respiratory problems. Some researchers say that it is actually the urine from these mites that causes inflammation. Our experience shows that in most cases dust mites only aggravate symptoms. Feeding your body correctly, improving your immunity increases your resistance to dust mites.

ABOUT FOOD

Eat one food group at a time.

When eating a main meal, eat the meat first, and then the green vegetables followed by the yellow then the white and so on. Eating incompatible foods can affect the release of digestive juices into the stomach. Bloating is often caused by the undigested food fermenting. Usually there is some improvement in this area after about 6 to 8 weeks on this program. Sometimes supplementing with digestive enzymes is necessary. Check with your Consultant before taking any supplements.

1. Eating plans

If following a prescribed eating plan for diseases (like coeliac disease), continue doing so and adjust your foods in line with your test results.

If following another eating plan (such as "The Blood Type Diet"), incorporate our information into that plan.

DO NOT STOP PRESCRIBED MEDICATIONS OR SUPPLEMENTS. Continue with what you are doing, but incorporate our program as well.

Ask your Consultant before making any changes.

2. Food preparation

Stick to plain cooking, using only the condiments, which your test results show are compatible (in Black). For example, Results may indicate chicken is compatible, but take-away chicken usually contains other ingredients which maybe reactive. Be aware to avoid situations like this, in order to get the best possible results from the programme.

3. The chemical structure of foods

The chemical structure of foods can change during processing, which in some cases react to some foods in a group and not others. *For example, there may be a reaction to Corn, but not to cornflakes; Cow's milk, but not cheese; Sugar, but not chocolate.*

4. Fermented foods

Fermented foods such as cheese, yeast, chocolate and salami can worsen symptoms even though you are not reacting to them. For best results, avoid these for the first four weeks.

5. Fruit

Some important things to remember:

- *ONLY eat fruit printed in Black on the list.*
Fruit should be eaten on its own – not combined with other foods (such as yogurt or rice). Many people juice fruit and vegetables together, but the sugars in the fruit differ from the sugars in vegetables and these are best consumed separately. Mixed fruit and vegetable juices are very hard to digest. They can ferment before it is digested resulting in acidity, bloating and flatulence.
- Only eat ONE fruit at a time (it's o.k. to combine citrus fruits or melons).
- It is best to eat fruit as a whole – the way nature intended.
- People who enjoy fruit juices, can pulp the permitted fruit on your list. (Pulping is better than squeezing).
Processed fruit juices often contain additives or are irradiated. They are very difficult to digest and best avoided.

6. Vegetables

Eat only the vegetables listed in Black on your list. Consuming a wide variety of color in your food will give a good variety of nutrition.

7. Dairy foods

While cow's milk is a high source of calcium, the human body absorbs very little of this form of calcium.

Also, the calcium/phosphorous ratio in cow's milk is not appropriate for the human body. Excessive bone growth, stretch marks in the skin, and 'growing' pains can result from consuming cow's milk products. Mucins in cow's milk can produce excess mucus that is bad for the human body.

There is a lot of adverse information saying that Soymilk is not very suitable for adults and children and best avoided.

Use butter in preference to margarine as butter is more easily digested. Margarine can be toxic to the liver and may cause a myriad of problems. If reactive to both butter and margarine, use olive oil, avocado or cream on your bread.

Rice milk and Almond milk is okay on cereal provided the brands indicated are used.

8. Eggs

Free range or organic eggs are the better choice provided they are in Black.

9. Seafood

It is best to keep seafood to a minimum while on this program. Seafood is acidic and can very easily aggravate any inflammation in the digestive tract. Tinned or fresh Atlantic salmon is the better choice for reactive people. The hidden content of seafood can vary a lot depending on what the fish have been eating.

10. Meats

All meats are more difficult to digest than most foods. Make sure to chew meat thoroughly.

11. Fats

Heated fats very quickly grow mould, which can be toxic and can aggravate symptoms. Use only the oils listed. Oils should not be reused.

12. Seeds

Seeds are a good source of nutrition. They should be eaten fresh. Take care though, as they are a harsh fiber and can irritate stomach/bowel inflammation. Soaking overnight can help.

13. Nuts

Eat the nuts on the list in Black. Nuts are rough and can score or aggravate inflammation in the stomach and bowel. Use with caution. It is best to soak them in boiling water overnight before eating. **Peanut products are not included as they usually aggravate inflammation and worsen symptoms.**

14. Dried herbs

Use the herbs on the list in Black. It is okay to use the same dried herbs as fresh herbs. Do not use other herbs unless we test them.

15. Grains/cereals

Most reactive people have difficulty digesting grains. Wheat contains gluten, which is very inflammatory in its own right – even if it tests okay. With all digestive and bowel problems it is best to avoid wheat as much as possible. Bran is very rough fiber and can irritate inflammation. Rice and rye are easier to digest.

There are a lot of different types of wheat. Most pasta is made from Durham wheat. Bread making flour is made from a high protein wheat, which is different from the wheat used in white flour cakes. Some flours contain pesticides and other additives, which may cause reactions. Cooking can change the structure of wheat. This is why some products in a group can be reactive and not others.

Yeast is a very reactive substance. It is best to eat sourdough breads. Toasting will help to make bread easier to digest.

16. Sugars

Refined sugar is acidic. Whole sweeteners like maple syrup and honey are better. If craving sweets, use maple syrup as an alternative.

Artificial sweeteners should be avoided. Their effect on nerve and brain cells is well documented. Natural sweeteners like Xylitol and Stevia are better choices.

The different brands of chocolate will contain different components. We have included plain dark and white chocolate in each test. Avoid eating chocolate containing nuts and fruit or other ingredients. Do not eat bars of any type.

17. Condiments

Use Condiments with caution. Many condiments contain volatile acids, which can aggravate inflammation in the digestive tract/bowel. Use the condiments listed (right down to brand names).

18. Food colorings / preservatives

We test whole foods as they are eaten. We do not test for individual colors and preservatives as they often change their structure during processing.

Preservatives prevent the breakdown of foods. This makes them very difficult to digest and most nutrition is wasted.

ABOUT DRINKS:

1. Water

As much as possible, drink only filtered water. Tap or tank water is best filtered to remove chemicals and impurities. The best type of bottle water is filtered water. On the label it will not show mineral content. 'Spring Water' often contains additives and the label will show mineral content.

2. Fermented Drinks

Fermented drinks (such as wine or beer) contain a lot of natural histamine and best kept to a minimum. Even under normal immune response conditions, they release a lot of histamine into the blood, which collectively can put the body into a reactive state.

3. Caffeine

Tea and coffee are best kept to a minimum.

There is a massive misconception that tea is a 'good' drink as it contains anti-oxidants. However, tea (Black tea more than other teas) also contains a lot of oxidative components, which leave very little of the healthy anti-oxidants available to the body.

One of the major benefits of eating Bio-compatible foods is that digestion naturally improves and as a result, the body has an abundance of nutrition to feed every cell in the body. Elimination is much more efficient and actually REDUCES oxidative stress and the need for supplements.

4. Soft drinks

Soft drinks contain a lot of sugar. If at all, they are best consumed on their own, not with other foods or drinks.

Drink ONLY the brands listed.

ABOUT HOUSEHOLD GOODS AND PRODUCTS

1. Metals and Jewelry

If your test results show a reaction to metals, it is advisable to remove your jewelry for the first eight weeks. Mercury and silver are found in amalgam fillings and removal is highly recommended.

2. Bedding

Bedding is very important if you react to fibers or laundry powders. Substitute where necessary.

3. Bathroom, Kitchen and Laundry products

Use the brands that your test results show are compatible (those in Black) – as other brands could contain substances that may cause reactions.

Healthy skin, healthy body...The skin is a protective organ and plays a major role in our immune processes. Shower gels are better than soaps. Soap can remove natural oils from the skin and destroy a lot of natural friendly bacteria. The best thing to use is water and a wash cloth/scrubber. Perfume often aggravates inflamed nerve endings. Crystal stick deodorants are the preferred choice.

4. Animal Hair and Fur

These are difficult to avoid. If you suspect a reaction to hair from animals, we can test against a sample from your pet.

5. Medications

Included in the report is over the counter medications, use the brands indicated. Sometimes people can react to the fillers or coatings on tablets and capsules so another brand could be more suitable.

6. Cigarettes and Tobacco

Cigarettes and cigarette smoke should be avoided as much as possible. Even if you test not reactive to cigarette smoke it can aggravate your symptoms.

ABOUT WHAT PEOPLE CALL 'ALLERGIES' AND HAIR ANALYSIS

1. Anaphylaxis

Substances known to have caused anaphylaxis in the past must not be reintroduced (even if they appear in Black). Any reactions to foods in the past and have tested ok, should remain avoided until advised by your consultant.

2. Results

It usually takes up to TWO weeks to eliminate the residue of reactions from the body. Improvement is usually seen during this time – providing you are following the instructions very strictly. To promote this process, drink one to three glasses of warm water with lemon, lime or grapefruit juice (if listed in BLACK) first thing in the morning.

3. Your practitioner

If you are under care of a Medical Doctor, continue with his/her advice and/or medications until they advise you differently.

4. The hair analysis test medium

The test mediums used in the vials during the hair analysis are prepared from whole foods, taken directly from local supermarkets. Each test medium includes all added sprays and chemicals, etc. present in each food/product when it is purchased. Where foods are eaten raw and cooked, both forms are included in the test medium. Organic foods are also included.

This gives us a test as close as possible to the way foods/products are eaten/used, and ensures the best overall results for people who follow the instructions.

5. The 4 week Progress Report

This is an important part of the program as it helps you to chart your progress. Give your 4 week Progress Report to your Consultant after four weeks on the program. At this stage, your consultant can determine if there is a need for further testing or other natural therapies to help you along.

6. Follow-up tests

When ready to reintroduce any food or items, it is advisable to have another test done after 6 months avoidance. During this time, most of your 'reactive' foods will have corrected; others will remain, and possibly may developed some new ones. Incorrect reintroduction can result in symptom rebound.

Re-testing after 6 months is a separate fee to the initial fee A new hair sample will be required for retesting. Contact your consultant for further instructions at this stage.

SPECIFIC SYMPTOMS:

1. Excess mucus

If excess mucus is part of your condition, avoid oranges, chocolate and cow's milk products.

2. Constipation

Constipation can hinder this process. Bowel cleansing is recommended in this case. Consult your Consultant for more advice.

This testing is part of your overall Wellness Program

The *first stage* is to get the diet right. This means avoiding the items highlighted on the list and only using the remaining items, right down to the brand names listed.
The *second stage* is to evaluate the 4 week progress report.

Some background on Bio-Compatibility testing...

FINDING THE CAUSE

There are a number of tests that determine “allergens” at a clinical level. But, any test only gives us information – what we DO with that information is how we get results.

Diagnosis at clinical level – which involves identifying the offending food/product – may not reveal the real cause of the reaction. There are often a number of things that could have gone wrong along a biochemical pathway in the body (at a sub-clinical level) that could be driving the reaction.

A measure of relief may be obtained by way of medications, creams and supplements, and by removing the offending food/product. However, the underlying cause remains. To complicate matters, people often crave the very foods they react or are intolerant to.

Bio-Compatibility testing operates at a sub-clinical level.

Foods and/or products frequently work collectively to give a reaction, which is why we advocate eating/using ONLY the foods/products on this list that have shown to be compatible with your body, AND ruling out ALL other foods/products (as these might add to the overall problem).

The program aims to get your body working efficiently so that if possible all reactions to foods and products might correct.

RESULTS

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

Some people see symptom relief in a few days, while others have taken 6 – 8 weeks. It all depends on where or how much repair work is to be done.

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.

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.

THE BIO-COMPATIBILITY PROGRAM

Bio-Compatibility testing is all about fitting the foods and products to the individual. The old saying: *“One man’s food is another man’s poison”* rings true here. Everyone is different and reacts differently to different foods/products.

Modern foods can be altered by soil degradation, fertilizer, irradiation, genetic modifications and importation; it’s no wonder our bodies react. But given all of this, the question still remains whether a particular food, in its present form, is any good for YOUR body?

This is where most eating plans often fall short. While they work well for many people, they don’t seem to work at all for others. This is because they don’t factor individual biocompatibility into the formula.

The purpose of this program is to feed YOUR body with the correct food it needs to repair and maintain good health.

- **Stage 1 Test results from the hair sample:**

The most important feature with this program is to identify the unique list of foods and products that are compatible with YOUR body. For it to work you must be committed to only use the remaining foods and products on this list for at least six months.

There are a lot of foods we purposely had not included on this list. Some foods are very reactive either in their primary or secondary form and best not eaten so we leave them off the list.

- **Stage 2 Report in after 4 weeks to your Consultant in case further adjustments are necessary.**
- **Stage 3 Re-test after 6 months before reintroducing foods.**

Regarding your symptoms.

A.D.D. AND BEHAVIORAL PROBLEMS

This is one area where diet seems to make a huge difference. This program fits the diet to the individual. Different people can have different triggers but the pathway is still the same. Research also recommends cutting down on stimulants like refined sugars, artificial colorings, coffee and alcohol. Other problem areas such as emotional needs, learned behavioral patterns and parenting skills may have to be addressed by other practitioners. Check with your Consultant first.

ARTHRITIS

There are many different types of arthritis. The thing that all forms of this disease have is that they are all accompanied by pain and inflammation which can result from or be aggravated by eating Bio Incompatible foods.

ASTHMA

Production of mucus is a normal immune response to inflammation of the mucus membrane. Inflammatory mediators released by reactions often center in the mucus membrane that lines the respiratory tract. Once the membrane and the nerve endings are inflamed the body will create mucus to cover the inflammation to act as a protective coating. The buildup of mucus and the swelling of the tissue can reduce the diameter of the airway and restrict oxygen uptake.

In all respiratory problems, avoid foods such as cow’s milk products, chocolate and oranges for the first 6 weeks on the program. Other foods containing components that have a direct effect on the nervous system can trigger excess mucus production as well.

Anaphylaxis can only be treated by a medical doctor.

BLOATING AND POOR DIGESTION

Some practical hints to help with digestion are; eat very slowly and chew your food well before swallowing. The food must be mixed with plenty of saliva which contains many necessary digestive enzymes. A good tip to slow you down is to put your knife and fork down on the table between mouthfuls. Do not drink within half hour before and after meals. Water will dilute the digestive juices in the stomach. If you need to drink with meals, it is a good indicator that you are not drinking enough between meals. Have a good drink of water half an hour before eating. You should drink enough water so that you urinate 6 to 8 times a day.

CONSTIPATION

Constipation can be the result of many factors. It contributes to many health problems. An impacted bowel contributes to a buildup of toxic matter in the body and inhibits detoxification and elimination. Eat right – eliminate right.

EXCESS MUCUS

Once the mucus membrane and the nerve endings are inflamed the body will create mucus to cover the inflammation to act as a protective coating. These parts of the body are normally wet with mucus. This is a normal response of the body. **Excess** mucus production is what causes discomfort. Once the inflammation goes, the production of mucus should normalize.

FLATULENCE

Inflammation in the stomach can affect the secretion of digestive juices. Without the correct mix of digestive enzymes, the food cannot break down properly and the various nutritional components are not released for the body to use. This undigested food then moves down into the bowels where the body can have problems eliminating it. **Flatulence** is a normal body process. It is produced by the body to help the food move through the digestive tract. Undigested food can ferment and release a lot of gas. This excess gas is not required by the body's normal processes and is eliminated quickly. This gas usually has a strong odor.

HEADACHES, HEAD PAIN, MIGRAINES AND 'BRAIN FOG'

There are definite connections between incompatible foods and head discomfort. There are many other causes of headaches as well. A lot of people have completely recovered from this condition simply by following this program. With others there has been some toxic reflex from a constipated bowel. Headaches often reflect problems in other areas of the body. If this problem persists after 4 weeks on this program, you should contact your Consultant for further help.

INDIGESTION

If the inflammation settles in the stomach, it can affect the secretion of digestive juices. Without the correct mix of digestive enzymes, the food cannot break down properly and the various nutritional components are not released for the body to use. This faulty process can result in an over acid situation which can cause an imbalance in the naturally occurring healthy bacteria that lines the wall of the digestive tract.

IRRITABLE BOWEL SYNDROME

A "syndrome" generally means a non-specific disease which cannot be diagnosed or related to some other specific disease state. We refer to this as a "rash on the inside".

Inflammatory mediators released by reactions can cause many of these "rashes". Acid foods and rough foods such as wheat bran, corn, peas and nuts can aggravate the symptoms.

Yeast in bread can often aggravate an irritable bowel. When bread is eaten, the yeast heats up and releases a lot of gas which can irritate the already inflamed nerve endings. Another inflammatory component in bread is gluten. Toasting bread helps kill yeast but it is better to avoid all grains for the first four weeks.

PMS

If the glands that produce hormones are affected by inflammatory mediators, the result can be hormone imbalance. Feeding your body correctly will result in better digestion and absorption of the nutrients that your body will need to repair.

SINUS AND HAYFEVER

Inflammation in the front part of the head is referred to as a sinus problem. Once there is inflammation in the sinus cavities, one can get a secondary irritation from airborne particles. These particles irritate the nerve endings and cause sneezing. This condition is referred to as hay fever.

Excess mucus is removed by coughing, blowing your nose, or it can drain down the back of your throat “post nasal drip”.

SKIN PROBLEMS

Inflammation in various layers of the skin is referred to as eczema, dermatitis, psoriasis, etc.

Olive oil can be used topically to help with dry skin conditions. To help with itching, dissolve 1 tablespoon of baking soda in a cup of warm water and wet the itchy area. Put a cup of bran in an old stocking, soak in warm water and pat the itchy area.

TIREDNESS AND CHRONIC FATIGUE

There is a big difference between tiredness and chronic fatigue. In a lot of cases chronic fatigue follows some viral infection. Post Viral Chronic Fatigue is usually severe and can carry on for many years. These ‘opportunistic’ viruses can remain in the blood for a long time and will generally make a person tired, headachy, depressed and sore joints and muscles. Following this programme will take a lot of the load off the body. In some cases, some people completely recover on the programme. Others have taken a lot longer with the addition of other therapies. General tiredness can be caused by nutritional deficiencies and/or some hormonal imbalances. **THE FIRST STAGE IS ALWAYS GETTING THE DIET RIGHT.** A lot of nutritional deficiencies will correct after about 2 months on this program. Hormonal imbalances can be addressed by your Consultant.

*Get the most from your efforts in the program – fill in the **retest voucher** and return it to your Consultant after 6 months.*