

TEST REPORT

Client Details: Sample Client Report
74 Mary Street
Newbury ACT 3456
8765 1234
sample@bigplace.com.au

Sex: Female
Date of Birth: 12/4/1976

Symptoms: Digestive
Rashes/Itchy Skin
Headache/Migraine
Constipation
Irritable Bowel

Parent's Name:

Test Version: Australian 400+

Test Date: 7/4/2011

Other:

Dear Sample Client

Congratulations on taking the first step towards a healthier, happier you!

Over the next six months we'll 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.

What's more, aside from a little commitment, it's easy! All you have to do is follow a few simple guidelines set out in this report.

Here are a few important things to remember before we get started:

1. It's important to remember that this programme is NOT based on medical Allergy Testing. It is a Wellness Programme, based on the results of Bio-Compatibility testing.
2. Your test results are specific for YOU - each person's profile is unique and the foods that are right for your body may not be the same foods that are right for others. Don't try to use or compare with someone else's programme or share yours with others.
3. It is very important to follow through with the 4 week Progress Report as we find that often, at that stage, the programme needs some adjustments for best results.
4. Items in RED have tested bad for your immune system and must be avoided.
5. Foods known to have caused anaphylaxis in the past should not be re-introduced. In other words, continue to avoid foods that you are avoiding already (even if they are NOT in red).
6. Fill out the 4 week Progress Report and return to your consultant.

Your Wellness Consultant is

· Phone .
· Email .
· Fax
· ABN

Now let's get started...

Here are some basic programme instructions to bear in mind:

1. Eat only the foods that appear in BLACK on the list.
2. If any food or household product is not on the list — do not eat/use it.
3. Only use the brand names indicated on the list. Other brands may contain components that we have not tested.
4. Items in RED have tested incompatible. If you are following a prescribed dietary plan for diseases, such as Coeliac disease, Candida, Irritable Bowel or the Blood Type Diet continue to follow that plan and adjust what you are eating in line with your results. Ask your Wellness Consultant for further assistance.
5. Try not to cheat! Eating ONE bad food just THREE times a week is enough to stop your body from repairing.
6. You will need to stay on this plan for at least 6 months.
7. Retesting after at least 6 months on the programme will show which foods can be reintroduced.
8. Retesting is recommended (at any time) BEFORE reintroducing food and products, as incorrect or premature re-introduction may cause serious rebound.
9. Normal fees apply should you require additional consultations and/or therapies.

PLEASE TAKE THE TIME TO READ THE INSTRUCTIONS A FEW TIMES SO THAT YOU FULLY UNDERSTAND THIS PROGRAMME.

How to make the test results work for you:

Now that you've had a moment to take a look at the list, you might feel a bit overwhelmed. Rest assured this programme is EASY to follow and the results will make any effort worth it.

Let's recap some of the basic instructions:

1. Do NOT eat/use any foods/products that are NOT on the list.
2. Avoid completely all the items in RED.
3. Eat/use only the remaining foods/products on the list.
4. If it is NOT on the list, do NOT eat/use it.
5. Where indicated, use/eat ONLY the brand names shown. Avoid all other brands — unless they have been individually tested and found to be compatible.
6. Continue to avoid foods that you are avoiding already.
7. Fill out the 4 week Progress Report and return to your Wellness Consultant.

FRUIT

Apples
 Apricot
 Banana
 Cherries
 Dates
 Fig
 Grapefruit
 Grapes
 Honey Dew Melon
 Kiwifruit
 Lemon
 Limes
 Lychee
 Mandarine
 Mango
 Nectarine
 Oranges
 Passionfruit
 Pawpaw
 Peaches
 Pears
 Pineapple
 Plums
Prunes
 Raisins / Sultanas
 Rockmelon
 Watermelon

BERRIES

Blackberry
 Blueberry
 Goji
 Raspberry
 Strawberry

ALCOHOL

Beer
 Bourbon
 Brandy
 Gin
 Rum
 Vodka
 Whiskey
 Wine Red
Wine White

OTHER DRINKS

Caro
 Ecco
Coffee (all)
 Cola (all)
 Cranberry Juice
 Drinking Choc (Cadbury)
 Fanta (Orange)
 Ginger Ale
 L LOYDS Org Prune juice
 Milo
 Ovaltine
 Ribeena
 Rooibos Tea
 Sprite-Lemonade
 Tea (black)

SEAFOOD

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

HERBAL TEAS

Chamomile Tea
 Dandelion Tea
 Green Tea
 Olive Leaf Tea
 Peppermint Tea

HERBS/SPICES/CONDIMENTS

All spice
 Baking Powder
 Bay Leaf
 Bi Carb Soda
 Cajun Spices
 Celtic Salt (sea salt)
Chilli
 Cinnamon
 Cloves
 Cumin
Curry Powder
 Dill
 Fennel Seeds
 Garam Masala
 Garlic
 Gelatine
 Ginger
 Trocomare Vege Salt
 Homus
 Mixed Spice
 Mustard
 Nutmeg
 Paprika
 Pepper (black and white)
 Pepper Cayenne
 Rock Salt
 Salt (refined table)
 Salt Herbemare Vege Original
 Tabouli
 Tarragon
 Thyme
 Turmeric
 Vanilla (pure)
 Vinegar (all types)
 Vinegar Apple Cider

SAUCES

AYAM Oyster
 B.B.Q Eta
 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 Sauce Fountain
 Worcester sauce

SEEDS

Linseed/oil/meal
 Pumpkin
 Sesame
 Sunflower
 Chia

STOCK

Beef Stock (Magi)
 Beef Stock (Massel)
 Chicken Stock (Magi)
 Chicken Stock (Massel)
 Miso
 Vegetable Stock (Massel)

MEATS

Bacon
Beef
Chicken
 Duck
 Ham
 Kangaroo
 Lamb
 Pork
 Turkey

OILS / FATS

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

DAIRY FOODS

Butter
 Cows Cheese
 Cows Yoghurt
 Cream
 Eggs
 Fetta Cheese (goat)
 Goats Cheese
 Goats Milk
 Margarine (Flora)
 Margarine (Nuttalex)
Milk Carnation
Milk Full Cream
Milk Skim
 Oat milk
 Rice Milk (So-Natural)
 Rice Milk (Australia's Own)
 Rice Milk (Rice Dream)

SOY PRODUCTS

Tofu
 Temphey

GREEN VEGETABLES

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Leeks
Lettuce
Olives
Parsley
Rocket
Shallots
Snow Peas
Wombok

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

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
Gherkins (bottle)
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

NUTS

Almonds/meal/milk
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

HERBS/dried & fresh

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary

DRIED VEGETABLES

Chick Peas
Coconut
Dried Beans
Lentils
Split Peas

Supermarket BREADS

Corn Thins
Lavash [Bazaar]
Rice Thins
White
Wholemeal
Mountain Rice

Health Shop BREADS

Ancient Grain Tigris Spelt
Ancient Grain Devonport Rye
BRIGHTERLIFE Bread mix
ESSENE sprouted bread
Organic Kamut (SOL)
Paine DE Campagne (SOL)

SPREADS

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

FLOUR / GRAINS

Cornflour [wheat free]
Couscous
Rice Brown (ALL)
Rice White (ALL)
Rye Flour
Spelt flour
White Flour (plain & S.R.)
Wholemeal Flour (ALL)

GLUTEN FREE

Amaranth Flour
BASCO bread mix
BASCO chicken & veg soup
BASCO Chocolate Cake
Basco Date loaf
BASCO Pancake mix
Falafel
Fantastic Chicken Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
Go Natural Fruit & Nut bar
Natures First Millet Meal
ORGRAN Buckwheat Flour
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti Tom Sauce
Potato Flour
Quinoa flour
SAN REMO Glut Free Pasta
MOORE'S GF.yeast free bread

BREAKFAST CEREALS

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

CHOCOLATE / SWEETS

Carob
Cocoa (Cadbury)
Chocolate (Darrell Lea)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Chocolate (SWEET WILLIAM)
Liquorice

BISCUITS

Digestive original
Fantastic GF original
Milk Arrowroot
Jatz original
Sakata plain
Sao
Vita Weat original

Supermarket CEREALS

Cornflakes
Crunchy Nut
Just Right Oat Bran
 Oat Brits
 Rice Bran
 Rice Bubbles
Rolled Oats
 Special K
 Sultana Bran
Vita Brits
Weet Bix

SUGARS/ Sweeteners

Golden Syrup
 Honey
 Manuka Honey
 Maple Syrup
 Stevia
 Sugar Brown
 Sugar CSR smart blend
 Sugar Raw
 Sugar White
 Xylitol

LAUNDRY Products

Bio Zet
 Bleach
Cold Power
 Dynamo
 Fabric Softener Cuddly
 Fabric Softener Fluffy
 Nappisan
 Omo
 Preen
 Radiant
 Sard Wonder Soaker
 Wool Mix M.Gardner
 Wool Mix Earth Choice

DEODORANTS

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

SUNSCREEN

Sunscreen Banana Boat
 Sunscreen UV Tripplegard

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 Sunlight Personal
 Talcum Powder

KITCHEN/Cleaning Products

Ajax Spray & Wipe
Domestos
 Earth Choice Dish Liquid
 Earth Choice Floor-surface
 Exit Mould
 Insect Spray
 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

METALS

Aluminium
 Gold
Mercury
Silver

COMMON SUPPLEMENTS

Aloe Vera
 Chlorella
 Fenugreek Tea (Indian)
 Fish oil Capsules
 Inner Health Plus
 Psyllium
 Rose Hip Oil
 Silica tissue salts
 Slippery Elm Powder
 Spirulina
 Barley Green
 Wheat grass
 Herbal Fibre blend
 ISOwhey Protein Powder

MISCELLANEOUS

Aspro
 Cigarette Smoke
 Diesel
 Kerosene
 Methylated Spirits
 Nurofen
 Panadine
 Paracetamol Heron
 Paracetamol Panadol
 Petrol
 Sorbolene

CREAMS AND OINTMENTS

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

OTHER PRODUCTS

Nordic Fish Oils
 Pasta (Durham wheat)
A2 milk
 Cream of Tartar
 Guar Gum
 Xanthan gum
 Tapioca Flour
 Goodness Cereals (all)
 Lugol
 Digestaid (Eagle)
 Icecream (Peter's Vanilla)
 Lux Flakes (laundry)

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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 immune system to allow the correction.

This is one reason why it's important to assess your progress after four weeks on the programme. At this stage, if necessary, we can introduce homeopathic remedies to desensitise you to these irritants.

ABOUT FOOD:

1. Eating plans

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

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

Do NOT stop prescribed medications or supplements. Continue with what you are doing, but incorporate our programme as well.

Always ask your Wellness 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, you may be able to eat chicken, but if you eat take-away chicken, it could contain other ingredients, which you may react to. You must be careful to avoid situations like this, in order to get the best possible results from the programme.

Where possible, avoid aluminium cookware, foil wrap, aluminium-containing deodorants and town water. Aluminium has been linked to Alzheimer's disease and other neurological disorders.

3. The chemical structure of foods

The chemical structure of foods can change during processing, which will allow you to react to some foods in a group and not others. For example you may react to corn, but not to cornflakes, cows milk, but not cheese, sugar, but not chocolate.

4. Fermented foods

Fermented foods such as cheese, yeast, chocolate and salami can worsen your 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:

- Eat ONLY the fruit printed in black on the list.

Fruit should be eaten on its own — not combined with other foods (such as yoghurt or rice). Many people juice fruit and vegetables together, but the sugars in fruit differ from the sugars in vegetables and these should not be consumed together. Mixed fruit and vegetable juices and dishes are very hard to digest. They can ferment before it is digested resulting in acidity and flatulence.

- Only eat ONE fruit at a time (although it IS okay to combine citrus fruits and melons).
- It is best to eat fruit as a whole — the way nature intended.
- If you enjoy fruit juices, you can pulp the permitted fruit on your list. (Pulping is better than squeezing).
- There are no processed fruit juices on the list as most of these contain additives or are irradiated. They are very difficult to digest and should be avoided.

6. Vegetables

Eat only the vegetables listed in black. Consuming a wide variety of colour in your food will give you 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 mucous 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.

They are not included in our list and best avoided.

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

Rice milk is okay on cereal — provided you use the brands indicated.

8. Eggs

Free range or organic eggs are best choice provided they are in BLACK.

9. Seafood

It is best to keep seafood to a minimum while on this programme. 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. Make sure you chew meat thoroughly. Left over meats should be put into the refrigerator while still hot.

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 fibre and can irritate stomach/bowel inflammation.

13. Nuts

Eat ONLY the nuts on the list. Nuts are rough and can score or aggravate inflammation in the stomach and bowel. Use with caution. Peanuts and peanut products are not included and should be avoided. This is because peanuts grow a mould, which is highly reactive in the body. Other nuts may grow mould as well and it is best to soak them in boiling water overnight before eating.

14. Dried herbs

Use ONLY the herbs listed. It is okay to use the same herbs fresh. 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 a very rough fibre 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 for cakes.

Some flours contain pesticides and other additives, which may cause reactions. Cooking can change the structure of the 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 sour dough 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 you crave sweets, maple syrup is best.

Artificial sweeteners should be avoided. Their affect 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. Do not eat chocolate containing nuts and fruit or other ingredients. Do not eat bars of any type.

17. Condiments

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

18. Food colourings / preservatives

We test whole foods as they are eaten. We do not test for individual colours 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 far as possible, drink only filtered water. Tank water should be filtered as well to remove chemicals and impurities. The best type of bottled 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 should be 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. Spirits are a better choice than wine or beer when on this programme.

3. Caffeine

Tea and coffee should be kept to a minimum.

There is a massive misconception that tea is a 'good' drink as it contains anti-oxidants. However, tea 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 only eating biocompatible foods is that digestion 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 antioxidants.

4. Soft drinks

Soft drinks should be kept to a minimum because of the sugar content. If at all, they should be taken on their own, not with other foods or drinks.

Drink ONLY the brands listed. Vitamin C is a natural antihistamine.

ABOUT HOUSEHOLD GOODS AND PRODUCTS:

1. Metals and Jewellery

If your test results show that you're reactive to metals, it would be advisable to remove your jewellery for the first eight weeks. Mercury and silver are found in amalgam fillings and removal is highly recommended if your test results show that you are reactive to them.

2. Bedding

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

3. Bathroom, Kitchen and Laundry products

Use ONLY the brands that your test results show are compatible (those in black) — as other brands could contain substances that you may react to.

Remember: '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 washer.

Perfume often aggravates inflamed nerve endings. Crystal stick deodorants are the preferred choice.

4. Hair and fibres

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

We have included some over the counter medications. If you take them, use only 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 YOUR SYMPTOMS:

1. Excess mucous

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

2. Constipation

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

ABOUT WHAT PEOPLE CALL 'ALLERGIES' AND HAIR ANALYSIS:

1. Not all reactions to foods/products are 'allergies'

'Allergic' reactions cause inflammation to tissue and nerves. Other foods can then aggravate this inflammation. For example: caffeine can cause headaches, animal fats can cause nausea, and yeast can cause bloating. Substances known to have caused anaphylaxis in the past must not be reintroduced (even if they appear in black). If you have had some other type of reaction to foods, which have tested okay, you should avoid these as well until advised by your consultant.

2. Results

It usually takes up to TWO weeks to eliminate the residue of reactions from the body. You should see improvement during this time — providing you are following the instructions very strictly. To promote this process, you should 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 their advice and/or medications until they advise you differently.

4. The hair analysis test medium

The test medium 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 programme as it helps you to chart your progress. You should send in the 4 week Progress Report after you have followed the programme for four weeks. At this stage, your Wellness Consultant can determine if you need further testing or other natural therapies to help you along.

6. Follow-up tests

It is advisable to have another test done after 6 months avoidance if you wish to reintroduce any food or item. During this time, most of your "reactive" foods will have corrected, others will remain, and you may have developed more. You will receive specific instructions for reintroducing foods. Incorrect reintroduction can result in rebound.

Re-testing after 6 months is NOT included in the initial fee. A new hair sample will be required for retesting. Contact your Wellness Consultant for further instructions at this stage.

The testing is part of our overall Wellness Programme

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.

Second stage is to report in after 4 weeks on this programme. At this stage we reassess your progress and introduce other therapies if needed.

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 where we get results.

Diagnosis at clinical level — which involves identifying the offending food/product — will 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 of the compromised immune system 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 to find out what is causing the compromised immune system.

Foods and/or products frequently work collectively to give a reaction, which is why we advocate eating/using ONLY the foods/products on the 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 programme aims to get your immune system working efficiently so that eventually all reactions to foods and products might correct.

RESULTS

As we are starting at a sub clinical level it can take time for the immune system to correct and 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 the immune system is compromised.

Compatible supplements, creams and medications may be prescribed to give symptomatic relief until the immune system 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.

PROGRESS- RE-ASSESSMENT IS BEST DONE AFTER FOUR WEEKS ON YOUR PROGRAMME.

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, we may need to look at other factors or simply give it more time for your immune system to repair.

It takes a minimum of six months for the immune system 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 PROGRAMME

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, fertiliser, irradiation, genetic modification 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 programme is to feed YOUR body with the correct food it needs to repair and maintain good health.

- **Stage 1 Test results from hair sample.**

The most important feature with this programme 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 the list for at least six months.

There are a lot of foods we purposely have not included on the 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 so we can make further adjustments if necessary.**

- **Stage 3 Re-test after 6 months before reintroducing corrected foods.**

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 cause inflammation. Although some people can be allergic to mites, mostly the mites only aggravate symptoms. We actually inhale a huge number of parasites and chemicals every time we breathe, yet not everybody has asthma etc.

EAT ONE FOOD GROUP AT A TIME

When eating a main meal, eat the meat first, then the green vegetables followed by the yellow then the white etc. Eating incompatible foods can affect the release of digestive juices into the stomach. Bloating is often caused by the undigested food fermenting. Usually we see some improvement in this area after about 6 to 8 weeks on this programme. In the meantime you may need to supplement with digestive enzymes. Check with your Wellness Consultant before taking any supplements.

A.D.D. AND BEHAVIOURAL PROBLEMS

This is one area where diet makes a huge difference. This programme 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 colourings, coffee and alcohol. Other problem areas such as emotional needs, learned behavioural patterns and parenting skills may have to be address by other practitioners. Check with your Wellness 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. Pain and inflammation can result from or be aggravated by eating bioincompatible foods.

ASTHMA

Eating Bio-Incompatible foods can lead to the release of inflammatory mediators into the blood. These inflammatory mediators can then accumulate in different parts of the body and cause irritation to nerve endings and tissue. Quite often they will concentrate on existing weak areas. If the inflammation is in the lung area it is referred to as 'ASTHMA'.

Production of mucous is a normal immune response to inflammation of the mucous membrane. Inflammatory mediators released by reactions often centre in the mucous membrane that lines the

respiratory tract. Once the membrane and the nerve endings are inflamed the body will create mucous to cover the inflammation to act as a protective coating. The buildup of mucous and the swelling of the tissue can reduce the diameter of the airway and restrict oxygen uptake.

In all respiratory problems, avoid mucous forming foods such as Cow's milk products, Chocolate and Oranges for the first 6 weeks on the programme. Other foods containing components that have a direct effect on the nervous system can trigger excess mucous production as well.

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

EXCESS MUCOUS

Once the mucous membrane and the nerve endings are inflamed the body will create mucous to cover the inflammation to act as a protective coating. These parts of the body are normally wet with mucous. This is a normal response of the body. Excess mucous production is what causes discomfort. Once the inflammation goes the production of mucous should normalise. Excess mucous from cow's milk is foreign to the human body.

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 bowel 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 odour.

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 these dreadful conditions, simply by following this programme. With others there has been some toxic reflex from a constipated bowel.

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.

Headaches often reflect problems in other areas of the body. If this problem persists after 4 weeks on this programme, you should contact your Wellness Consultant for further help.

IRRITABLE BOWEL SYNDROME

A “syndrome” generally means a non specific disease which can not be diagnosed or related to some other specific disease state. I prefer to consider this problem as simply 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 will usually 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. The other inflammatory component in bread is gluten. Toasting bread helps kill yeast but it is better to avoid 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 it 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 often referred to as hayfever.

Excess mucous 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 bi-carb 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.

TIREDDNESS 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 immune system. 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. **FIRST STAGE IS ALWAYS GETTING THE DIET RIGHT.** A lot of nutritional deficiencies will correct after about 2 months on this programme. Hormonal imbalances can be addressed by your Wellness Consultant.

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.

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'll 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 previous week). 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 Wellness Consultant about any concerns you may have.

Step 2 – Post, fax or contact your Wellness Consultant to discuss these results.

Client Details: Sample Client Report 74 Mary Street Newbury ACT 3456 8765 1234 sample@bigplace.com.au	Test Version: Australian 400+ Test Date: 7/4/2011 Sex: Female Date of Birth: 12/4/1976
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Parent's Name:

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Digestive	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%
Rashes/Itchy Skin	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%
Constipation	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%
	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 Wellness Consultant is

·	Phone ·
·	Email ·
·	Fax
·	ABN

KEEP THIS VOUCHER!

RETESTING 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 Wellness Consultant to determine how your body is responding to your programme, and to determine if any further modifications to your programme are necessary for optimum results.

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.

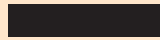
Get the most from your efforts in the programme — fill in the retest voucher below and send it to your Wellness Consultant with a sample of your hair taken before the date indicated below.

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

Client Details: Sample Client Report
74 Mary Street
Newbury ACT 3456
8765 1234
sample@bigplace.com.au

Hair sample

Please also provide a hair sample big enough to cover the shaded area:



(Hair colours, perms, and medications DO NOT affect results)

Expiry Date: 7/1/2012

Contact your Wellness Consultant for Reduced Retest Rate.

Parent's Name:

Payment details

Card Number:

Cardholder Name: _____

Credit Card Type: Mastercard Visa Amex

Expiry Date: ____ / ____ Signature: _____

Your Wellness Consultant is

. Phone .
. Email .
. Fax
. ABN