

## BioCompatibility Hair Analysis & Wellness Programme

The Compatibility System is the result of over thirty years of research and development by qualified Naturopaths in Australia. This is a Naturopathic Wellness programme which is used in more than 20 countries.

### Here is how it works:

The technique is based on the way in which the foods and products benefit the individual. Each person/animal is unique, so it obviously follows that when it comes to foods and household products that **'one size does not fit all'**.

Everyone has his/her own nutritional and energy requirements. Have you noticed that some foods give you good energy while others seem to drag you down and seem to aggravate existing symptoms?

Compatibility Hair Analysis is about finding local foods and household products that suit the individual. It is not based on Nutritional advice nor is it a Medical programme designed to treat diseases. This 6month WELLNESS PROGRAMME follows the Naturopathic principle, **"Feed the body correctly and allow the body to repair itself"**.

Using a hair or saliva sample, Compatibility testing identifies the influence (either positive or negative) that each food and product has on the individual body. This way we can determine which foods and products will need to be avoided and which ones can be used. Remember, feed the body correctly and it can function much better.

### What our hair analysis test covers

Our standard test covers a list of 600 items for people and over 200 for dogs/cats. The focus is on what you CAN eat and use rather than what you cannot. It includes common local brands found in supermarkets and health food stores. Each item is tested in the form it is usually consumed (both raw and/or cooked where applicable).

### 6-month WELLNESS PROGRAMME

We test your compatibility with local foods and products. We use these test results to develop your *personal Wellness Programme*. You receive a very comprehensive 17-page report which includes full instructions for the 6-month period.

**The Report includes** Test results for over 600+ items from local supermarkets. Day to day instructions to help you implement the programme correctly

### 4-24-week Progress form

The report includes 4-weekly progress forms. The Progress forms are filled out by the client between consultations. This feedback is used to assess how your client is progressing and determine what therapies are needed at that stage.

*Quite often I get asked 'what is the difference between **Compatibility testing** and other tests'?*

**This test does not compare with any other test, hair or otherwise.** It is completely different approach as we are testing at a much deeper level.

By feeding the body in line with the Compatibility test results we are **enhancing cellular function**. Correct cellular function leads to good organ function. Good organ function **NATURALLY** leads to good immunity and elimination.

In most cases a Naturopath would test for allergies, organ function, heavy metals, toxicity, parasites etc etc. All these things can compromise good health.

By feeding the body compatible foods only, we are getting closer to the **cause** of symptoms. We call this the **Point of Creation** of the disease. (POC) The term disease really means that cells are in a state of dis-ease. When cells are in a state of ease they function as they are supposed to.

By using this test and repair programme we are giving the body the tools it needs to help return cells to a state of ease so they can function better.

If we focus therapies to correct one area without considering all the systems in the body, it is like patching up one weak link in a chain. Sure, we will achieve symptom relief but the damage will often appear somewhere else in the body. This is what we call REBOUND.

It makes much more sense to start the repair process at cellular level and allow the body to repair all the weak links in the chain.

The Naturopathic model has always focused on finding the cause and starting therapy from that level. Problem is that **cellular function and damage usually starts well below symptom level** and it can be very difficult at times to locate this starting point. By feeding the body in this manner we are stimulating the body's natural ability to locate the starting point and repair from that point forward and in the **correct order** for each person. Our program allows the body to repair in whatever order it chooses, for example, a client may present with one major symptom and several other symptoms. In some cases, the major symptom disappears first. In other cases, the major symptom may be the last to disappear because the body is repairing other areas that contribute to the major symptom.

We are **not** testing for “**allergies**” or elevated antibodies, known reactions or inflammatory causes. This is a vastly different test.

**We are not treating disease.** I worked for many years in the allergy field. I found that most foods that people reacted to did not show up in antibody tests. What most people pick up on is an aggravation to pre-existing inflammation. They may call it an allergy or intolerance but the response is usually acidic or chemical burn affecting nerve endings. The challenge for me was to locate what was causing the initial inflammation.

### **HOW IT WORKS**

Every cell in the body relies on electrical stimulation for proper cellular function. Assimilation (taking nutrition into the cell) plus elimination and secretions at cellular level, rely on electrical stimulation. We simply cannot get nutrition in and waste and secretions out of the cells without the correct electrical charge within the cell/cell membranes. (ATP/ADP) Electrical energy is mainly distributed to every cell through acupuncture meridians, connective tissue, and circulation.

Foods contain their own electrical systems as well. These electrical systems in the food can sometimes interfere with the electrical systems within cells. The result is poor cellular function.

By removing these reactive foods, we allow the cells to repair and function normally. By feeding the body in line with the Compatibility test results plus your Practitioner’s advice we are enhancing cellular function. Good cellular function leads to good organ function. Good organ function leads to good immunity digestion and elimination etc, NATURALLY.