



COMPATIBILITY TEST REPORT

Client Details:

Sex: Female

Date of Birth: 12/5/1973

Parent's Name: sally

Smith

Test Version:

Test Date:

Other:

Symptoms: Headache/Migraine

Irritable Bowel

Cough

Depression

Muscle aches and pains

Arthritis

Hey Sally!

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

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 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 household products as you progress through the 6 month program. **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**. 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.

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 practitioner.

GREEN VEGETABLES**Asparagus**

Beans
Bok choy
Brussel Sprouts
Cabbage
Celery
Choy sum
Kale
Leeks
Lettuce
Olives
Okra
Parsley
Pak choy
Rocket
Silverbeet/Spinach
Shallots/spring onions
Snow Peas
Wombok cabbage

OTHER VEGETABLES

Avocado
Beetroot
Bitter Melon
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Corn
Cucumber
Eggplant
Fennel
Globe Artichoke
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Emu
Ham
Kangaroo
Lamb
Pork
Turkey
Venison

SEEDS

Chia
Linseed/flax/oil
Poppy
Pumpkin/Pepitas
Sesame
Sunflower

FRUIT

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

OILS / FATS

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

SEAFOOD

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

BERRIES Fresh/ Frozen

Blackberry
Blueberry
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

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

DAIRY Products**Butter**

Cream (All types)
Cheese Cows (All)
Cheese Fetta (goat)
Cheese Sheep
Margarine (All)
Milk A2
Milk Full Cream
Milk Skim
Milk Carnation
Milk Goats
Mayo (All)
Mayo Organic
Yoghurt Cows Greek/plain
Yoghurt Sheep

LACTOSE FREE Products

Butter Coconut
Butter Almond
Biocheese Vegan
LF Cheese Liddells
LF Cream Liddells
LF Milk Liddells
LF Milk Zymil
Soy Mayonnaise
Vegenaise
Tempeh
Tofu
Yoghurt Coconut (All)

MILK Alternative

Almond milk
Almond Activ Pure Harvest
Coconut milk
Oat milk
Rice milk
Soy milk

EGGS

Duck eggs
Eggs
Eggs(Organic)
Orgran No Egg
Quail eggs

FERMENTED

Kefir(All)
 Kimchi (All)
 Kombucha (All)
 Sauerkraut(All)

SOFT DRINKS

Cola (All)
 Fanta(All)
 Ginger Ale(All)
 Lemonade(All)
 Soda water
 Tonic water

BEVERAGES

Caro
 Coffee (All)
 Ecco
 Milo
 Ovaltine
 Rooibos Tea
 Tea (black all)

OTHER DRINKS

Cranberry Juice
 Coconut water
 Ribena

HERBAL TEAS

Chamomile Tea
 Dandelion Tea
 Green Tea
 Peppermint Tea

HERBS dried & fresh

Basil
 Chives
 Coriander
 Lemon Grass
 Mixed Herbs
 Oregano
 Rosemary

SPICE-CONDIMENT

Bay Leaf
 Bi Carb Soda
 Baking Powder
 Cajun Spices
 Cardamom
 Chilli
Cinnamon
 Cloves
 Cream of Tartar
 Cumin
 Curry Powder
 Dill
 Fennel Seeds
 Garam Masala
 Garlic
 Ginger
 Mixed Spice
 Mustard
 Nutmeg
 Paprika
 Pepper (black&white)
 Pepper Cayenne
 Salt (refined table)
 Salt Celtic sea salt
 Salt Herb Vege
 Salt Himalayan
 Salt Rock Salt
 Tarragon
 Thyme
 Turmeric
 Vanilla (pure)
 Vinegar (all types)
 Vinegar Apple Cider

SAUCES

B.B.Q. sauce(All)
Fish sauce (All)
Horseradish
Macro Organic Passata
Oyster sauce (All)
 Soy sauce (All)
 Soy Tamari sauce (All)
 Soy Coconut amino non
 Sweet Chilli sauce (All)
 Tomato sauce (All)
 Tomato Paste (All)
 Tom sauce Orgran
 Worcester sauce

DRIED VEGETABLES

Chick Peas (All)
 Coconut
 Lentils (All)
 Split Peas

STOCK/GRAVY

Beef stock Aus Own org
 Beef Stock (Massel)
 Beef Stock Campbell's
 Bonox
 Chicken Stock Massel
 ChickenStockCampbell
 Vege stock Aus Own org
 Vege Stock Massel
Gravox (All)
 Gravy mix Massel
 Gravy Mix Orgran
 Miso (All)

SUGARS/ Sweeteners

Erythritol
 Stevia
 Honey
 Honey Manuka
 Mesquite powder
 Sugar Brown
 Sugar Raw
Sugar White
 Sugar Coconut
 Sugar Palm
 Syrup Agave
 Syrup Coconut
 Syrup Golden
 Syrup Maple
 Syrup Rice malt (All)
 Xylitol

RICE

Orgran Rice Pasta
 Orgran Rice-Corn Pasta
 Rice Brown (All)
 Rice White (All)
 Rice noodles

PASTA/PASTRY

GF Pasta Barilla
 GF Pasta Coles
 GF Pasta San Remo
 Pasta (Durum wheat)
 Buckwheat Spirals Orgran
 Buckwheat San Remo
 Lasagne Sheets Macro Org
 Puff pastry
 Wheat Noodles

CRACKER/CRISPBREAD

Mary's Gone crackers GF
 Orgran Buckwheat Crisp brd
 Orgran Multi Crisp brd
 Sao
 Rice crackers
Seaweed crackers
 Vita Weat original

SPREAD/PASTE

St Dalfours GF jam
 Vegemite/ Ozemite

SPREADS continued

ABC spread Melrose
 Coco Hazlenut Pure Harv
 Hommus
 Tahini Unhulled (All)
 Vege spread Freedom

BREAKFAST CEREALS

Cornflakes (All)
 Goodness Cereals (All)
Just Right
Oat Bran
Rolled Oats
Vita Brits
 Weet Bix
 Special K
 AB Buckwheat & quinoa
 Abundant Earth Corn Puff
 Carmens Muesli
 Crunchola Apple & Blue
 Free & Low Muesli
 Lowan Rice Porridge
 Millet Puffs
 Polenta
 Oats GF
 Weet-Bix GF

BREADS Supermarket

White
 Wholemeal

GRAIN BREAD

AG Vital bread
 Burgen Soy-Lin
 Goanna Bakery Rice&Arame
 Multigrain bread

SPELT BREAD

Alpine Spelt & Sprout grain
 Ancient Grain Tigris Spelt
 Bakers Delight Spelt bread
 Bodis Dinkle. wholegrain
 Healthybake WM Spelt
 Kamut bread
 Naturis organic spelt
 Paulos Spelt Loaf
 Sprouted Spelt Dinkel.

RYE BREAD

Burgen Rye bread
 Helgas Light Rye
 King Henry Rye
 Pumpernickel

SOURDOUGH BREAD

Alpine Spelt & Barley
 Alpine Spelt sprouted grains
 Brasserie Sourdough
 Brasserie Quinoa/Soy
Healthybake FH Rye
New Norcia Spelt
 Strange Grains Buckwheat
 Zeally Bay Sourdough

SPROUTED BREAD

Bohdis mixed grain
 Pure Life Sprouted Spelt
 ESSENE sprouted bread
 Pure Life Bio.D. Ezekiel 4:9

GLUTEN FREE BREAD

Abbots Mixed Seeds GF
 Bohdis GF Chia Linseed
 Bohdis GF Multi Grain
 Bohdis GF Yeast free
 Bohdis Lupin loaf
 Burgen GF Soy Lin
 Burgen GF sunflower & chia
 Burgen GF White
 Country Life gluten & dairy Free
 Country Life Yeast gluten free
 Helga's GF bread
 Moores GF.yeast free
 Naturis GF rice loaf
 Precinct GF Quinoa & Soy
 Strange Grns GF Sorg.Buckw.

OTHER BREAD

Bakers Delight Low Fodmap
 Naturis Buckwheat bread
 Venerdi Paleo Almd. Linseed
 Venerdi Paleo Super Seed

WRAPS/BASES

Corn tortilla
 GF wraps
 Plain wheat wraps
 Quinoa wraps
 Rice Thins
 Rice wraps
 Spelt wraps

BARS

Carman's Muesli bar
 Carmens Dark Choc blueberry
 Go Natural Fruit & Nut bar

FLOURS

Flour Amaranth
Flour Arrowroot
Flour Banana
 Flour Barley
 Flour Besan
 Flour Buckwheat
 Cornflour [wheat free]
 Flour Cassava
 Flour Coconut
 Flour GF SR
 Flour GF Plain
 Flour Potato
 Flour Quinoa
 Flour Rye
 Flour Sorghum
 Flour Spelt
 Flour Wheat Plain & SR

CRISPS

Macro org Corn chips
 Macro Root Vege chips
 Smiths original

GLUTEN FREE

Orgran Custard powder

CHOCOLATE / SWEETENERS

Cacao Butter
 Cacao raw powder
 Carob
 Chocolate (Lindt)
 Chocolate (Cadbury)
 Chocolate (Dove)
 Chocolate (Haigs SA)
 Chocolate (Nestle)
 Chocolate (Sweet William)
 Frey Dark Choc
 Green & BlackOrgDarkChoc
 Liquorice
 Loving Earth Choc
 Loving Earth Dk Org Choc
 Pana Chocolate

HEALTH SHOP Products

Acai powder
 Bentonite clay
 Black seed (nigella)
 Bone broth (All)
 Beef Gelatin/collagen
 Barley Grain
 Bean Adzuki
 Bean Borlotti
 Bean Broad
Bean Cannellini
 Bean Kidney
 Bean Lima
 Blackstrap Molassas
 Braggs All purpose seasoning
 Coconut MCT Oil
 Camu Camu
 Cous Cous

HEALTH SHOP Products cont.

Cranberries Dried
 Diatomaceous Earth FG
 Dulse (All)
 Falafel
 Goji Berries
 Hazelnut Meal
 Hemp seed
 Hemp seed oil
 Hemp Protein powder
 Flaxseed meal
 Maca Powder
 Millet Grain
 Nori
 Nutrition Yeast(All)
 Quinoa Grain
 Wakame Flakes

COMMON SUPPLEMENTS

Aloe Vera
 Barley Green
 Chlorella
 Fish oil Capsules
 Inner health
 Iodine
Krill Oil
 Psyllium
 Slippery Elm Powder
 Spirulina
 Wheat grass

PROTEIN POWDER

Pea Protein powder
 Rice Powder
 Whey concentrate
 Whey Protein Isolate

NATURAL HOME products

A bit hippy bubble bath
 A bit hippy Deodorant
 A bit hippy Eczema Cream
 A bit hippy sham/cond
 Abode bathroom cleaner
 Abode dishwashing liquid

NATURAL HOME products cont.

Abode floor cleaner
 Abode Laund liquid
 Abode laundry powder
 Abode surface spray
 Abode toilet gel
 Abode wool and delicate liquid
 Bodytalk Cleanser envirocare
 Carrot Sun Papaya oil
 Cleopatra's Bath Milk
Dr Bronners shav gel
Earth choice Dish Liquid
 Earth choice Fabric Softener
 Earth choice Floor-surface
 Earth choice Laundry liquid
 Earth choice Multi Purpose spray
 Earth choice Wool Mix
 Ecosense Laundry liquid
 Ecostore Laundry powder
 Ecostore Dish Liquid
 Hurraw Lip Balm
 Jojoba oil
 Lavender oil
 Melrose massage oil
 Moo Goo Conditioner
 Moo Goo Eczema Cream
 Moo Goo Milk Wash
 Moo Goo Shampoo
 Moo Goo Deodorant
 Moo Goo Sunscreen
 Nat Instinct Body wash
 Neem soap
 Org Care Conditioner
 Org Care Shampoo
 Org Care 3 in 1
 Shampoo (Alchemy)
 Soapnuts
 Soleo Sun screen
 Tea tree oil
 Wotnot Baby SPF 30
Wotnot SPF 30+

BATH CHEMICALS

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

LAUNDRY Products

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

KITCHEN Products

Ajax Spray & Wipe
 Exit Mould
 Insect Spray (All)
 Jif
 Morning Fresh
 Palmolive Dish Liquid
 Pine-O-Cleen

DEODORANTS

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

SUNSCREEN

Banana Boat Every day
 UV Triplegard
 Coles every day
 Cancer Council

TOOTHPASTE

Colgate (all types)
 McLeans (all types)
 Sensodyne
 Steradent
 Activated Charcoal
 Grants Herbal
 Jack and Jill
 Red Seal
Silicea silica
 Thieves
 Vicco Herbal

HAIR/FIBRES

Bamboo
 Cotton
 Mixed Feathers
 Polyester
 Wool

METALS

Aluminium
 Gold
 Mercury
 Silver

OINTMENTS

Calendula (M&P)
 Comfrey (M&P)
 Sorbolene

PETRO CHEMICALS

Cigarette Smoke
 Diesel
 Engine oil
 Kerosene
 Methylated Spirits
Petrol

