



The Bio-Compatibility System at work

This safe, accurate hair analysis test and programme have yielded dramatic results.

Here is just one of many real life examples of how the Bio-Compatibility System has changed the lives of our patients:

Real life example...

Bianca Baker was at her wits end when she decided to give the Bio-Compatibility System a go.

Her son, Kingston, was four weeks old when she stopped breastfeeding him, and, shortly after, his behaviour changed dramatically.

Although he slept through the nights, he cried inconsolably all day.

"I was getting depressed," said Bianca. "And you get to the point where you don't enjoy being a mum. It was so taxing."

Bianca admits that she was sceptical about hair analysis at first, but the results made sense and following the programme has made all the difference in Kingston and his family's lives.

The results showed Kingston was reacting badly to his formula and a dishwashing liquid Bianca was using to wash his bottles. By avoiding these, Kingston was restored to his former happy self.

"If we hadn't done that test, I hate to think where we'd be," said a grateful Bianca.

Have you spent all (or part) of your life suffering?

Whether it's with a persistent headache, sinusitis, or something more severe, such as migraines, asthma, arthritis, irritable bowel syndrome, A.D.H.D. or any of thousands of ailments... **you'll be glad to know there's a tried and tested way to change your life.**

THE BIO-COMPATABILITY SYSTEM COMPRISES:

- 1 A **revolutionary hair analysis test** that points out the underlying causes of many common health complaints.
- 2 A **restorative programme** that is easily integrated into your existing lifestyle —so it's easy to adopt and stick to.



A programme as unique as you are!

The Bio-Compatibility programme (derived from your test results) is NOT a 'one-size-fits-all' solution, but, instead, it represents your individual requirements and responses.

The results of the test offer an in-depth picture of your individual health status and requirements. As such, it forms a solid foundation upon which your practitioner can develop a personalised patient care programme for you.

As a result of its effectiveness in this area, it's become widely regarded as the essential analysis tool for proactive professionals — especially those who want to go beyond treating the symptoms to offering a holistic approach to wellness.

What's the next step?

If you'd like to know more about the test, talk to your health care practitioner.

He/she will explain all you need to know about the test and the programme and what is required.

When you're ready to make a commitment to your health and unlock the simple secrets to a healthier, happier you...

Simply ask your practitioner...

To help you fill in the form and attach a hair sample.

You'll be amazed at how dramatic the change in your life can be.

Practitioner

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 no claims to cure, diagnose, treat or prevent any disease. We cannot take responsibility for those who may want to help themselves outside of our instructions. If you have a medical condition, we urge you to be supervised by a qualified health practitioner of your choice.

You don't have to suffer through life...

Let your hair unlock the secrets to a healthier, happier you.



Here's how a simple hair analysis test can change your life...

The hair analysis test and accompanying programme are the result of more than 20 years of research and development by an experienced natural health practitioner.

Behind the test lies the principle that 'dis-ease' (suffering) in your body is caused by certain foods and/or products interfering with your immune system and preventing it from working properly.

Find out what you CAN eat/use

The test results highlight which foods and products are RIGHT for YOUR body AND which are NOT.

Feeding your body correctly frees up your immune system to deal with any other issues more effectively. This means that by following the programme, your immune system gets to deal with each issue in a way that works best for your body.

You'll see a lasting change because the programme is working at the very root of the issue - NOT just masking your symptoms.

How does the test work?

The test uses modern, electronic equipment to measure your body's compatibility against our standard list of 400 common LOCAL foods and household products — including all food groups, and bathroom, laundry, and kitchen products.

It is SAFE, painless, and accurate. It involves NO needles or blood samples, just a piece of your hair.

Once it's done, your practitioner will have the valuable information he/she needs to develop an effective, individual patient care protocol for you.

We also have two speciality lists — one for testing babies and another for pets. Talk to your practitioner about these.

Our Australian 400+ item list includes...

FRUIT

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

BERRIES

Blackberry
Blueberry
Goji
Rasperry
Strawberry

ALCOHOL

Beer
Bourbon
Brandy
Gin
Rum
Vodka
Whiskey
Wine Red
Wine White
Wine White

OTHER DRINKS

Caro
Ecco
Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
Lloyds Org Prune juice
Milo
Ovaltine
Ribena
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
Herbemaere Vege Salt
Homus
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Rock Salt
Salt (refined table)
Salt Herbemaere Vege
Tabouli
Tarragon
Thyme
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SEEDS

Linseed (flax seed oil)
Pumpkin
Sesame
Sunflower
Chia

STOCK

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

MEATS

Bacon
Beef
Chicken
Duck
Ham
Kangaroo
Lamb
Pork
Turkey

OILS

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
Tempeh
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)
Mushrooms (all)
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

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 From Gluten Wraps
Go Natural Fruit & Nut Bar

GREEN VEGETABLES

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary

Choy sum
Leeks
Lettuce
Olives
Parsley
Rocket
Shallots
Snow Peas
Wombok

SPROUTS

Alfalfa sprouts
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Snow pea sprouts

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Basco Pancake Mix
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Fantastic Chicken Noodles
Fantastic Original Crackers
Freedom Free From Gluten Wraps
Go Natural Fruit & Nut Bar

GREEN VEGETABLES

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
Vegetemite

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 From Gluten Wraps
Go Natural Fruit & Nut Bar

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

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

Tomato
Sauce
Potato Flour
Quinoa flour
San Remo Gluten Free Pasta
Moore's Gluten Free & 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

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

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

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

OTHER PRODUCTS

Nordic Fish Oils
Pasta

Earth Choice
Floor-surface
Exit Mould
Insect Spray
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Clean
Shower Power
Sunlight Dish Liquid

TOOTH PASTE

Colgate (all types)
Grants Herbal
McLeans (all types)
Red Seal Herbal
Sensodyne
Steradent
Vico 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

OTHER PRODUCTS

Nordic Fish Oils
Pasta

HAIR ANALYSIS TEST

Please complete the following:

Name: _____

DOB: ____ / ____ / ____ Male Female

Address: _____

Suburb: _____ State: _____

Postcode: _____ Phone: _____

Email: _____

My symptoms include (tick all appropriate)

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Acne | <input type="checkbox"/> Digestive | <input type="checkbox"/> Migraine |
| <input type="checkbox"/> ADD/HD | <input type="checkbox"/> Earache | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Excess mucous | <input type="checkbox"/> Psoriasis |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Rashes/itchy skin |
| <input type="checkbox"/> Bad breath | <input type="checkbox"/> Flatulence | <input type="checkbox"/> Restless legs |
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Headache | <input type="checkbox"/> Sinus/hayfever |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Hives | <input type="checkbox"/> Sleep disorders |
| <input type="checkbox"/> Diarrhoea | <input type="checkbox"/> Irritable bowel | <input type="checkbox"/> Thrush |
| <input type="checkbox"/> Other _____ | | |

Hair sample

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

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

Please post to your practitioner. See below for details.