

# 500 + List

## List subject to change

### GREEN VEGETABLES

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

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

### MEATS

Bacon  
Beef  
Chicken  
Duck  
Ham  
Kangaroo  
Lamb  
Pork  
Turkey

### SEEDS

Linseed/oil/meal  
Pumpkin  
Sesame  
Sunflower  
Chia

### 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

### 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  
Jarra Hot chocolate  
L LOYDS Org Prune  
juice  
Milo  
Ovaltine  
Ribeena  
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  
Mixed Herbs  
Oregano  
Rosemary  
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 paste Select  
Tomato Sauce Fountain  
Worcester sauce

### DRIED VEGETABLES

Chick Peas  
Coconut  
Dried Beans  
Lentils  
Split Peas

### STOCK

Beef Stock (Magi)  
Beef Stock (Massel)  
Bonox  
Chicken Stock (Magi)  
Chicken Stock (Massel)  
Miso  
Massel Gravy mix  
Vegetable Stock (Massel)

### SUGARS/ Sweeteners

Agave  
Golden Syrup  
Honey  
Manuka Honey  
Maple Syrup  
Palm Sugar  
Stevia  
Sugar Brown  
Sugar Raw  
Sugar White  
Xylitol

### OTHER MILKS

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  
Bon Soy

### FLOUR / GRAINS

Cornflour [wheat free]  
Pasta (Durham wheat)  
Rice Brown (ALL)  
Rice White (ALL)  
Rice noodles  
White Flour (plain & S.R.)  
Wholemeal Flour (ALL)

### HERB-SPICE- CONDIMENT

All spice  
Baking Powder  
Bay Leaf  
Bi Carb Soda  
Baking Powder  
Cajun Spices

## 500 + List continued

Chilli  
Cinnamon  
Cloves  
Cream of Tartar  
Cumin  
Curry Powder  
Dill  
Fennel Seeds  
Garam Masala  
Garlic  
Gelatine  
Ginger  
Guar Gum  
Homus  
Mixed Spice  
Mustard  
Nutmeg  
Paprika  
Pepper (black and white)  
Pepper Cayenne  
Salt (refined table)  
Salt Celtic sea salt  
Salt Herbermare Vege  
Original  
Salt Himalayan  
Salt Rock Salt  
Tabouli  
Tarragon  
Thyme  
Trocomare Vege Salt  
Turmeric  
Vanilla (pure)  
Vinegar (all types)  
Vinegar Apple Cider  
Xanthan gum

### SOY PRODUCTS

Tofu  
Tempey  
SPREADS  
Cottees Blackberry Jam  
Cottees Marmalade  
Nutella  
St Dalfours strawberry  
St Dalfours wild blueberry  
Vegemite

### BREAKFAST CEREALS

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

### DAIRY

Butter  
Cows Cheese  
Cows Yoghurt  
Cream  
Eggs  
Fetta Cheese (goat)  
Goats Cheese  
Goats Milk

Icecream (Peter's  
Vanilla)  
Icecream soy  
Margarine (Flora)  
Margarine (Nuttalex)  
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  
Rice Thins  
White  
Wholemeal  
Mountain Rice  
King Henry Rye  
Pumpnickel 100% Rye

### Health Shop BREADS

Ancient Grain Tigris  
Spelt  
Ancient Grain Devonport  
Rye  
ESSENE sprouted bread  
Organic Kamut (SOL)  
Paine DE Campagne  
(SOL)  
Naturis organic spelt  
Lifestyle Ancient Grain  
Flinders Sourdough  
bread

### CHOCOLATE / SWEETS

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

### GLUTEN FREE

BASCO bread mix  
BASCO chicken & veg  
soup  
BASCO Chocolate Cake  
Basco Date loaf  
BASCO 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 gluten  
wheat free  
Common Ground  
buckwheat sourdough  
Naturis GF rice loaf  
Supermarket CEREALS  
Cornflakes  
Crunchy Nut  
Goodness Cereals (all)  
Just Right  
Oat Bran  
Oat Brits  
Rice Bran  
Rice Bubbles  
Rolled Oats  
Special K  
Sultana Bran  
Vita Brits  
Weet Bix

### LAUNDRY Products

Bio Zet  
Bleach  
Cold Power  
Dynamo  
Fabric Softener Cuddly  
Fabric Softener Fluffy  
Lux Flakes (laundry)  
Nappisan  
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

Sunscreen Banana Boat  
Sunscreen UV  
Tripplegard  
Coles sensitive 30+  
Oleo Sunscreen

### 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

### KITCHEN/Cleaning Products

Ajax Spray & Wipe  
Domestos  
Exit Mould  
Insect Spray  
Jif  
Morning Fresh  
Palmolive Dish Liquid  
Pine-O-Clean  
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

Ammodine  
Aloe Vera  
Chlorella  
Fish oil Capsules  
Inner Health Plus  
Inner Health plus Dairy  
free  
Lugol

**500 + List  
Continued**

Nordic Fish Oils  
 Psyllium  
 Rose Hip Oil  
 Tissue Salts/celloids  
 Slippery Elm Powder  
 Spirulina  
 Barley Green  
 Wheat grass  
 Herbal Fibre blend  
 ISOwhey Protein Powder

**CREAMS AND  
OINTMENTS**

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

**PETRO CHEMICALS**

Diesel  
 Kerosene  
 Methylated Spirits  
 Petrol  
 Engine oil  
 Cigarette Smoke

**CHEMIST PRODUCTS**

Aspro  
 Nurofen  
 Panadine  
 Paracetamol Heron  
 Paracetamol Panadol

**HEALTH SHOP/  
ORGANIC**

Barley Grain  
 Bean Broad  
 Bean Kidney  
 Bean Lima  
 Bean Adzuki  
 Bean Borlotti  
 Bean Cannellini  
 Carob  
 Chickpea Splits  
 Cous Cous  
 Cranberries Dried  
 Coconut water  
 Flour Amaranth  
 Flour BESAN  
 Flour Buckwheat  
 Flour Coconut  
 Flour Kamut  
 Flour Maize  
 Flour Rye  
 Flour Soy  
 Flour Spelt  
 Flour Tapioca  
 Gogi Berries  
 Hazelnut Meal  
 Maca Powder  
 Millet Grain

Moong Dahl  
 Nori  
 Butter Chicken  
 OZGANICS  
 Thai Green Curry  
 OZGANICS  
 Quinoa Flakes  
 Rapadura Sugar  
 Raw Cacao  
 Red Lentils  
 Wild Blueberry  
 Wild Raspberries  
 Wild Rice  
 Potato Flour  
 Psyllium  
 Tapioca Flour  
 Falafel  
 raw cacao

**CELLOIDS**

SS69  
 SP96  
 S79  
 PS 29  
 PP85  
 PC73  
 MP 65  
 IP82  
 CS 36  
 CP 57  
 CF43  
 Tissue Salts Option

.  
 .  
 .  
 .  
 .  
 .  
 .  
 .  
 .

**#  
Practitioner Items**

item 1  
 item 2  
 item 3  
 item 4  
 item 5  
 item 6  
 item 7  
 item 8  
 item 9  
 item 10  
 item 11  
 item 12  
 item 13  
 item 14  
 item 15

# Bio-Compatibility Hair Analysis

## Hair Analysis & Wellness Programme

**The Bio-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 person. Each person is unique so it obviously follows that when it comes to foods and household products that

**'one size does not fit all'.**

Each individual 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?

Bio-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 sample, Bio-Compatibility testing identifies the influence (either positive or negative) that each of a wide range of foods and products has on the individual body. This way we are able to determine which foods and products should be avoided and which 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 500 items — including all food groups, bathroom, laundry, Gluten-free and kitchen products. The focus is on what you CAN eat and use rather than what you can't. 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 then test your compatibility with over 500 local foods and products. We use these test results to develop your *personal Wellness Programme*.

You receive a very comprehensive 16 page report which includes full instructions for the 6 month period.

### The Report includes

Test results for over 500+ items from local supermarkets.

Day to day instructions to help you implement the programme correctly

General information on the different food groups

A '4week Progress form' which you fill out and return to me. I use this information to assess your progress and make changes if necessary. Your response to the programme is individual so we like to follow-up and assist you to gain the most benefit