|  |  |
| --- | --- |
| **Print this Page Only** | **Hair sample**Please provide a hair sample big enough to cover the shaded area:Place hair sample in Glad Wrap or plastic bag. |
| **Wellness Plan ORDER FORM** |
|  |

**Congratulations! You are well on your**

**way to making a REAL difference in your life.**

Please complete the form below, collect hair sample and mail to:

 **Body in balance natural therapies**

 **52-56 Orion Road, Cedar Vale**

 **QLD AUSTRALIA 4285**

 **Email. bodyinbalancent@gmail.com Phone: 0400578043**

**Payment details $287 for 1 Hair Analysis & 6 month Wellness Programme**

Card type

 Expiry date ….../..…. Signature …………………………

**Personal details (as required on your report)**

Name: Date of Birth….../.…../……….

Parents Name if child:

Address:

Suburb: State: Postcode/Zip: Country:

Phone:

Email:

 Please list your symptoms;

|  |  |  |  |
| --- | --- | --- | --- |
| [ ] acne / rosacea | [ ] diarrhoea | [ ] gout | [ ] psoriasis[ ] rashes/itchy skin[ ] reflux[ ] restless legs[ ] sinus/hayfever[ ] sleep disorders[ ] thrush  |
| [ ] ADD/HD--behavioural | [ ] digestive / nausea | [ ] headache |
| [ ] arthritis | [ ] earache | [ ] hives |
| [ ] asthma | [ ] excess mucous | [ ] irritable bowel |
| [ ] bad breath | [ ] eye infections | [ ] migraine /headache |
| [ ] bloating | [ ] fatigue | [ ] muscle ache & pains |
| [ ] constipation | [ ] flatulence | [ ] PMS |

 Other ………………………………………………………………………………………………………….………………….

Cardholder Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Credit Card Type:

Card Number:

MasterCard

Visa

If you prefer not to submit your credit card details, please enclose a **cheque or money order made payable to ………………….**

**Thank you for filling out this form**

**Upon receipt we will process your Hair Analysis and send you your report within 7-10 days.**

**Standard List** List subject to change

**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/oil/meal

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 Har.

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

Syrup Agave

Sugar Brown

Sugar Raw

Sugar White

Sugar Coconut

Sugar Palm

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

ABC spread Melrose

Coco Hazlenut Pure Harvest

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 cereal

Abundant Earth Corn Puff

Carmens Muesli

Crunchola Apple and Blueberry

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 and Sprouted grain

Ancient Grain Tigris Spelt

Bakers Delight Spelt bread

Bodis Dinklebrot wholegrain

Healhtybake WM Spelt Sour

Kamut bread

Naturis organic spelt

Paulos Spelt Loaf

Sprouted Spelt bread Dinkelbrot

**Rye Bread**

Burgen Rye bread

Helgas Light Rye

King Henry Rye

Pumpernickel 100% Rye

 **Sourdough Bread**

Alpine Spelt & Barley

Alpine Spelt sprouted grains

Brasserie Sourdough

BrasserieQuinoa/Soy

Healthybake FH Rye

New Norcia Spelt

Strange Grains Buckwheat

Zeally Bay Sourdough

**Sprouted Bread**

Bohdis Sprouted mixed grain

Pure Life Sprouted Spelt

ESSENE sprouted bread

Pure Life Bio.D. Ezekiel 4:9

 **Gluten Free Bread**

Abbots Mixed Seeds GF bread

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 bread

Naturis GF rice loaf

Precinct GF Quinoa & Soy bread

Strange Grns GF Sorg.Buckwheat

**Other Bread**

Bakers Delight Low Fodmap

Naturis Buckwheat bread

Venerdi Paleo Almond & 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 / SWEETS**

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

Betonite 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

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 POWD/shakes**

Pea Protein powder

Rice Powder

Whey concentrate

Whey Protein Isolate

**NATURAL HOME products**

A bit happy bubble bath

A bit happy Deodorant

A bit happy Eczema Cream

A bit happy sham/cond

Abode bathroom cleaner

Abode dishwashing liquid

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

Moogoo deodorant

MooGoo 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+

 **BATHROOM CHEMICALS**

Lux Body Wash

Palmolive Shower Milk

Shampoo Baby (Johnsons)

Shampoo 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/Cleaning 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 Charocoal toothpaste

Grants Herbal

Jack and Jill toothpaste

Red Seal

Silicea silica toothpaste

Thieves toothpaste

Vicco Herbal

**HAIR/FIBRES**

Bamboo

Cotton

Mixed Feathers

Polyester

Wool

**METALS**

Aluminium

Gold

Mercury

Silver

 **CREAMS AND OINTMENTS**

Calendula (M&P)

Comfrey (M&P)

Sorbolene

 **PETRO CHEMICALS**

Cigarette Smoke

Diesel

Engine oil

Kerosene

Methylated Spirits

Petrol

 **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