

COMPATIBILITY TEST REPORT

Client Details:	Cassandra Henry	Sex:	Female
		Date of Birth:	14/7/1976
	cass@healthhaven.com.au	Parent's Name:	
Test Version:	500 test 1	Symptoms:	RETEST
Test Date:	26/4/2019		Bloating
Other:			Brain Fog
			Chronic Fatigue
			Constipation
			Diarrhoea
			Headaches / Migraine
			Joint Pain
			Muscle Aches & Pains
			Nausea

Dear Cassandra

Congratulations on making the commitment in achieving a healthier, happier you!

As you can see some items have corrected and you may have some new ones.

Here are a few very important things to remember about reintroducing corrected items:

- The first step is; add the new ones to your existing list for 4 weeks before re-introducing any foods which have corrected. Stay on this eating plan for at least another 12 months.
- Check with your consultant if any symptoms return or if you develop any new symptoms.
- Your consultant may need to adjust things your instructions to suit your bio individuality.
- Any items that have not corrected may just need more time or may never correct. It is best to consider them permanent and continue avoiding them indefinitely.
- Foods do not have to be added back. The longer you leave re-introduction the better it is. If you re-introduce the foods too fast, the reaction can rebound and will be much more severe than before.
- If you choose to re-introduced foods, do it very slowly and one at a time. For example, when we re-introduce bread, we allow the client half a slice of bread 2 times a week for 6 weeks. Chocolate - 2 squares 2 times a week for 6 weeks. Other foods should be taken in small amounts and given similar time spans.
- When you re-introduce a food you are re-educating your immune system to accept that food again. If you re-introduce too many or to large an amount at one time, the immune system can over activate and undo all what you have gained.

Your Wellness Consultant is

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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
 Bill's Org 100% Spelt SD
 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
 Liqueurice
 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
 .
 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 Laundry 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-Clean

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
 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

MISCELLENEOUS

Special K Gluten Free
 Heinz Baked Beans Tom Sauce
 SPC Baked Beans Tom Sauce
 Lugol
 SFM Xcell
 Ammodine

4 WEEK PROGRESS REPORT

This report allows you to monitor your progress while you are following the Bio-Compatibility Programme.

As time goes by it becomes increasingly difficult to recall exactly how you were feeling, but filling in this table will give you a tangible way to plot your recovery. This will keep you motivated to stick with the programme and help you see how your body is responding to the programme. You will also be able to tell with greater certainty whether your symptoms are easing. It only takes a few minutes at most each week, and you will be amazed at the results.

Simply follow this quick two-step process:
Step 1 - Mark the percentage by which you feel each symptom has improved (relative to the commencing the programme). Please bear in mind that some symptoms might get worse before they get better. If this happens, don't be discouraged — make a note of it and talk to your Consultant about any concerns you may have.

Step 2 - Return completed form to your Consultant to discuss these results at your next appointment.

Client Details: Cassandra Henry

Test Version: 500 test 1

Test Date: 26/4/2019

Sex: Female

cass@healthhaven.com.au

Date of Birth: 14/7/1976

Parent's Name:

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	6 MONTHS
RETEST	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Bloating	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Brain Fog	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Chronic Fatigue	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Constipation	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Diarrhoea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Headaches / Migraine	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Joint Pain	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Muscle Aches & Pains	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Nausea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	

Consent Form

I give permission for my case history to be used for statistical and marketing purposes. I understand that none of my personal details will be forwarded to any other party

Signature: _____

Your Consultant is

DENNIS HODGES ND

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ABN 9501 068 4054

8 WEEK PROGRESS REPORT

Client Details: Cassandra Henry

Test Version: 500 test 1

Test Date: 26/4/2019

Sex: Female

cass@healthhaven.com.au

Date of Birth: 14/7/1976

Parent's Name:

SYMPTOM	WEEK5	WEEK 6	WEEK 7	WEEK 8	12 MONTHS
RETEST	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Bloating	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Brain Fog	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Chronic Fatigue	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Constipation	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Diarrhoea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Headaches / Migraine	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Joint Pain	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Muscle Aches & Pains	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Nausea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	

Notes:

12 WEEK PROGRESS REPORT

Client Details: Cassandra Henry

Test Version: 500 test 1

Test Date: 26/4/2019

Sex: Female

cass@healthhaven.com.au

Date of Birth: 14/7/1976

Parent's Name:

SYMPTOM	WEEK9	WEEK 10	WEEK 11	WEEK 12
RETEST	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Bloating	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Brain Fog	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Chronic Fatigue	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Constipation	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Diarrhoea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Headaches / Migraine	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Joint Pain	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Muscle Aches & Pains	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Nausea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%

Notes:

16 WEEK PROGRESS REPORT

Client Details: Cassandra Henry

Test Version: 500 test 1

Test Date: 26/4/2019

Sex: Female

cass@healthhaven.com.au

Date of Birth: 14/7/1976

Parent's Name:

SYMPTOM	WEEK 13	WEEK 14	WEEK 15	WEEK 16	
RETEST	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Bloating	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Brain Fog	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Chronic Fatigue	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Constipation	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Diarrhoea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Headaches / Migraine	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Joint Pain	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Muscle Aches & Pains	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Nausea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%

Notes:

20 WEEK PROGRESS REPORT

Client Details: Cassandra Henry

Test Version: 500 test 1

Test Date: 26/4/2019

Sex: Female

cass@healthhaven.com.au

Date of Birth: 14/7/1976

Parent's Name:

SYMPTOM	WEEK 17	WEEK 18	WEEK 19	WEEK 20	
RETEST	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Bloating	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Brain Fog	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Chronic Fatigue	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Constipation	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Diarrhoea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Headaches / Migraine	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Joint Pain	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Muscle Aches & Pains	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%
Nausea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%

Notes:

24 WEEK PROGRESS REPORT

Client Details: Cassandra Henry

Test Version: 500 test 1

Test Date: 26/4/2019

Sex: Female

cass@healthhaven.com.au

Date of Birth: 14/7/1976

Parent's Name:

SYMPTOM	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
RETEST	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Bloating	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Brain Fog	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Chronic Fatigue	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Constipation	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Diarrhoea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Headaches / Migraine	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Joint Pain	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Muscle Aches & Pains	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	
Nausea	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	0% 10% 20% 40% 60% 80% 100%	

Notes:

Questions and Answers

How much hair is needed?

Approximately ½ tsp cut from any part of the body. If no hair, use saliva on a cotton bud place in a plastic zip lock bag. (Babies)

Does it matter if my hair is coloured?

No, the equipment is calibrated to suit each hair sample.

How does the equipment work?

This equipment works on the electrical systems of the body. Every cell in the body requires electrical stimulation to function correctly. Incompatible foods and products can interfere with this electrical stimulation. All cells in creation have their own electro - magnetic signature. This electromagnetic field in the hair and the electromagnetic field of each food and product are brought together and either attract (COMPATIBLE) or repel (INCOMPATIBLE). The equipment is calibrated to a level which displays this on a computerized graph through a unique system of equipment and software.

How does this test differ from the Skin pricking and blood tests?

Those tests relate to allergy type symptoms. Underlying allergy or allergic symptoms there is usually a compromised immune system. (Poor cellular function)

Bio-Compatibility testing is designed at a level where we test for foods and household products that compromise cellular function. Poor cellular function leads to inflammation which is involved in most disease states. The Bio-Compatibility test is testing at a much deeper level.

Is this an allergy test?

No, this is a compatibility test which tests for food and products that are either incompatible or compatible with the individual.

What problems may I encounter when I start the program?

On rare occasions it is possible to experience symptoms of elimination such as bad breath, coated tongue, excess mucous, gunk in the eyes etc. This depends on the level of toxicity associated with the condition.

Skin conditions may get temporarily worse, skin being a large eliminatory organ.

Always talk to your Consultant if any of these symptoms happen.

Why do I need to eliminate the food in red for 6 months?

Excess inflammatory mediators in the bloodstream cause inflammation. Antibodies live for 3-90 days. To cover all scenarios and gain the maximum benefit for the client it is recommended a minimum of 6 months.

Our experience has shown up to 75% improvement in symptoms at the 4 week stage is quite common.

However there can be some tissue damage which the body needs more time to repair. This is why we recommend a minimum of 6 months on the programme and then retest. Some items will take longer depending on compliance, others may never correct depending on the amount of tissue damage.

Why can I only eat the foods remaining in Black on the list?

Every food or product that is **not** on the list is assumed as being incompatible to the body unless individually tested. This applies to other brands as well.

Eating as little as one incompatible item three times a week can slow down or stop the repair process.

How do I reintroduce the foods that have been eliminated?

There is a very strict procedure for reintroducing corrected items to help lower the risk of rebound. Reintroduction must be guided by your practitioner. We recommend retesting between 6 and 9 months. Full retest instructions are included in the Retest Report.

After 6 months the Retest still has some of the same foods plus a few extras ones. Why is this?

The original sample is tested on symptomatic level (the red zone) which rates between 60-80 on our scale. Under 60 the item is incompatible. During the 6 months it is very possible for the items at borderline level to present in the red zone. If previous foods in red are now in black it is recommended to slowly reintroduce this food to avoid a rebound of this item. (See reintroducing food)

Is it necessary to get a retest?

If you reintroduce a food that has not corrected, symptoms may return and often be much worse. There is a likelihood that this could undo all what has been gained on the program. Retesting is recommended between 6 and 9 months. We find that around 75% of incompatible items will correct at this point. Some will remain and may take up later on. There may be a few new ones. The new ones are added to your first list for another 4 weeks. After the 4 weeks we have a very strict protocol for reintroducing corrected items.

My retest has little improvement, why is this?

Firstly improvement is very dependent on the instructions being followed very strictly for the full 6 months. Secondly it could mean the body just needs more time. At this stage other influences such as viruses, parasites, and heavy metals may present. The major plus of this test is it allows the body to heal in the order it wants to heal. For example the main symptom may be headaches and minor symptoms, bloating, constipation and muscle aches. While on this programme the body will determine which ailment improves first, therefore the headache may be the first to go or the last symptom to go. When we treat ourselves symptomatically like taking a Panadol for the headache, we will get temporally relief only because the underlying cause has not been addressed.

Is it normal for my symptoms to get worse?

It is possible to experience elimination symptoms such as Bad breath, coated tongue, excess mucous, gunk in the eyes etc. This depends on the toxicity level associated with their condition. Skin conditions may get temporarily worse, skin being a large eliminatory organ.

How long before I see results?

Usually symptom relief can occur in 3-10 days as the inflammation settles. By the end of 4 weeks the body is in repair process stage. Results may vary on the severity of symptoms.

How does eliminating the food change my condition?

With this program we are getting as close as possible to the cause of the problem not just treating symptoms.

Why can I eat potatoes but not potato flour or White flour but not white bread?

Processing and cooking changes the structure of the food. Synergism also plays a major part; for example White flour cooked with other ingredients may neutralize the reactivity. Whole foods are tested; this means foods are tested as you eat them. E.g. 28 different species of tomatoes raw and cooked are tested under the item tomato.

Why can I eat commercial caged eggs but not organic eggs?

The eggs composition will reflect what the hens are eating.

Can I eat organic meat if meat comes up in red?

No, organic meat is included in the meat test.

Why am I feeling unwell when I eat chocolate yet it is in black on my list?

It is possible the body is not digesting it well at this stage or elevating sugar levels. Mostly this situation corrects by the end of the program.

Will this help me to lose weight?

Some people do experience weight loss on this program. The program assists the body to detox/eliminate better.

Can I get my baby tested?

Yes the youngest baby we have tested was 2 days old.

We do have specific protocols for conception, pregnancy and babies. Refer to your Consultant.

Can I have extra items tested?

Yes. Ask your Consultant. A new hair sample will also be needed.

My pet suffers a skin condition can I have it tested?

Yes. We have a pet test list as well. Ask your Consultant for details.

My wife is from another country and cooks different food to what is on your standard list. Do you have other food lists?

Yes we have other lists including: United Kingdom, America, Dubai, Singapore/India, New Zealand. For your pets we have an Animal test.

I suffer from Hayfever to dust and pollutants. How does eliminating food in my diet help this condition?

Eating incompatible food can cause inflammation of mucus membranes including the membranes in the throat and nose. When inhaling dust, fuel, pollutants etc these irritate the already swollen sensitive mucus membrane which may lead to Hayfever/sinus symptoms. When the incompatible foods are removed it reduces the swelling therefore making the external environment more tolerable.

What is Irritable Bowel Syndrome and how will this test help me?

IBS is inflammation of the bowel. I like to refer to it as a rash on the inside. This program is focused on finding which food and products are causing the inflammation leading to IBS.

I've tried a lot of different things to get rid of my skin rash and nothing has helped so far. How will this test help skin conditions?

Inflammation is common to most skin conditions. Skin conditions can be caused by a compacted/constipated bowel. By improving elimination we are assisting the skin to repair.

This program is focused on finding which food and products are causing the inflammation

I have eliminated dairy, processed foods, wheat and sugar products in the past and still felt unwell. How will this test help me?

Often wheat, sugar and dairy aggravate symptoms. Eating incompatible food works collectively and we need to eliminate **them all** to be effective.

Eating one incompatible food a day is enough to cause inflammation and stop the repair process.

Can you test makeup and skincare products?

Yes. If you are not progressing well enough at the 4 week stage your Consultant can determine if further testing is necessary.

Should I take supplements while I am on this program?

Your Consultant will advise on which supplements you need.

I am feeling better can I come off my medications?

Seek advice from your prescribing practitioner before stopping or reducing supplements and medications.

What if I am eating other foods not on your list?

Every food or product that is not on the list is assumed as being incompatible to the body unless individually tested. Eating as little as one incompatible item three times a week can slow down or stop the repair process.

Please Note

Anaphylaxis Allergies and Intolerances
Substances known to have caused anaphylaxis or allergic reactions
in the past must not be Re-introduced (even if they appear in Black). This test
does not cover “Allergies or Intolerances”.

RESULTS

As we are starting at a sub-clinical level, it can take time for some symptoms to disappear. Some people see symptom relief in a few days, while others have taken 6 – 8 weeks. It all depends on how compliant you are with your Consultant’s instructions and how much repair work has to be done. Compatible supplements, creams and medications may be prescribed to give symptomatic relief until the immune symptom corrects and deals with the problem.

Other factors (such as parasites, viruses, and heavy metals) can impact on the immune system as well and may have to be addressed. Ask your consultant.

PROGRESS – RE-ASSESSMENT AFTER FOUR WEEKS ON YOUR PROGRAM

At this stage your Consultant will be able to assess your progress, and you should be experiencing a good measure of symptom relief. If you are not progressing well enough at four weeks, your Consultant may look at other factors or simply give it more time for your body to repair and get you to fill out the 8 week Progress Report.

It takes a minimum of six months your body to repair. If there is tissue damage, supplements may be required to help in the repair process. In the case of severe tissue damage, it may take even longer.

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 professional of your choice.

KEEP THIS VOUCHER!

COMPATIBILITY RETEST VOUCHER

Recommended between six and nine months

To gain the most benefit from your Bio-Compatibility Programme, it is important to retest **between six and nine months** from the time you started. This helps your Consultant to determine how your body is responding to your programme, and to determine if any further modifications or other therapies are necessary at this stage.

We have found that, on average, 75% of foods and household products will correct within 6 months, however, some items take longer. **If items are re-introduced too early, or too many at a time, there is a high risk that symptoms will return.** In addition to telling you which foods/ products can be re-introduced, your retest report provides important information about how and when to re-introduce these foods/ products.

Get the most from your efforts in the programme — **Contact your Consultant to order your retest before the date indicated below.**

Clients, who submit their Retest Voucher before the expiry date receive a discount on their

Client Details: Cassandra Henry

cass@healthhaven.com.au

Expiry Date 26/1/2020

Hair sample

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

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

Contact your Wellness Consultant for Reduced Retest Fee.

Payment details

Card Number:

Cardholder Name: _____

Credit Card Type: MasterCard Visa

Expiry Date ____ / ____ Signature: _____

Your Wellness Consultant is

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