

# 500 Standard List.

List subject to change

## GREEN VEGETABLES

Asparagus  
Beans  
Buk choy  
Brussels Sprouts  
Cabbage  
Celery  
Choy sum  
Kale  
Leeks  
Lettuce  
Olives  
Okra  
Parsley  
Pak choy  
Rocket  
Shallots/spring  
onions  
Snow Peas  
Wombok cabbage

## 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)  
Globe Artichoke  
Mushroom all  
Onion  
Parsnip  
Peas  
Potato  
Pumpkin  
Silverbeet/Spinach  
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  
Sesame  
Sunflower

## FRUIT

Apples  
Apricot  
Banana  
Cherries  
Dates  
Fig  
Grapefruit  
Grapes  
Honeydew Melon  
Kiwifruit  
Lemon  
Limes  
Lychee  
Mandarin  
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  
Jarrah hot  
chocolate  
Sunraysia Prune  
juice  
Milo  
Ovaltine  
Ribena  
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  
Lemon Grass  
Mixed Herbs  
Oregano  
Rosemary

## SAUCES

AYAM Oyster  
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  
Campbell's  
Beef Stock  
(Massel)  
Bonox  
Chicken Stock  
Campbell's  
Chicken Stock  
(Massel)  
Miso  
Massel Gravy mix  
Vegetable Stock  
(Massel)

# 500 Standard List

Continued

## SUGARS/ Sweeteners

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

## OTHER MILKS

Almond milk  
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  
Bonsoy

## FLOUR / GRAINS

Cornflour [wheat free]  
Pasta (Durum wheat)  
Rice Brown (ALL)  
Rice White (ALL)  
Rice noodles

## HERB-SPICE-CONDIMENT

All spice  
Bay Leaf  
Bi Carb Soda  
Baking Powder  
Cajun Spices  
Chilli  
Cinnamon  
Cloves  
Cream of Tartar  
Cumin  
Curry Powder  
Dill  
Fennel Seeds  
Garam Masala  
Garlic  
Gelatine  
Ginger  
Guar Gum  
Hommus  
Mixed Spice  
Mustard  
Nutmeg  
Paprika

Pepper (black and white)  
Pepper Cayenne  
Salt (refined table)  
Salt Celtic sea salt  
Salt Herbamare  
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  
Tempeh

## SPREADS

Cottees  
Blackberry Jam  
Cottees  
Marmalade  
Nutella  
St Dalfours strawberry  
St Dalfours wild blueberry  
Vegemite  
Ozemite

## BREAKFAT CEREALS

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

## DAIRY

Butter  
Cows Cheese (All types)  
Cows Yoghurt  
Cream (All types)  
Eggs  
Fetta Cheese (goat)  
Goats Cheese  
Goats Milk  
Icecream (Peter's Vanilla)  
Icecream soy

Margarine (Flora)  
Margarine (Nuttelex)  
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/other Breads

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

## BOHDIS BREADS

GF CHIA Linseed  
LUPIN LOAF  
GF Multi Grain  
GF YEAST FREE

## CHOCOLATE / SWEETS

Cocoa (Cadbury)  
Chocolate (Lindt)  
Chocolate (Nestle)  
Chocolate (Cadbury)  
Chocolate (Dove)  
Chocolate (Haigs SA)

Chocolate (SWEET WILLIAM)  
Liquorice

## GLUTEN FREE

GF Bread crumbs  
G.F. Weet-Bix  
Greens 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  
Naturis GF rice loaf  
Naturis Org Spelt GF Oats

## Supermarket CEREALS

Cornflakes (all)  
Crunchy Nut  
Goodness Cereals (all)  
Just Right  
Oat Bran  
Oat Brits  
Rice Bran  
Rice Bubbles  
Rolled Oats  
Vita Brits  
Weet Bix  
Special K  
Sultana Bran

# 500 Standard List

Continued

## LAUNDRY Products

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

Banana Boat Every  
day  
Sunscreen UV  
Triplegard  
Coles every day  
Oleo Sunscreen  
Cancer Council  
Nivia

## 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 ( all)  
Jif  
Morning Fresh  
Palmolive Dish  
Liquid  
Pine-O-Cleen  
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  
Bamboo

## METALS

Aluminium  
Gold  
Mercury  
Silver

## COMMON SUPPLEMENTS

Ammodine  
Aloe Vera  
Chlorella  
Fish oil Capsules  
Inner Health Plus  
Inner Health plus  
Dairy free  
Krill Oil  
Rose Hip Oil  
Lugol  
Nordic Fish Oils  
Psyllium  
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  
Demazin Cold &  
Flu  
Nurofen  
Nurofen Plus  
Panadine  
Paracetamol  
Heron  
Paracetamol  
Panadol

## HEALTH SHOP/ ORGANIC

Barley Grain  
Bean Adzuki  
Bean Borlotti  
Bean Broad  
Bean Cannellini  
Bean Kidney  
Bean Lima  
Blackstrap  
Molassas  
Butter Chicken  
OZGANICS  
Carob  
Chickpea Splits  
Coconut butter  
Coconut water  
Cous Cous  
Cranberries Dried  
Falafel  
Flour Amaranth

Flour BESAN  
Flour Buckwheat  
Flour Coconut  
Flour Kamut  
Flour Maize  
Flour Potato  
Flour Quinoa  
Flour Rye  
Flour Soy  
Flour Spelt  
Flour Tapioca  
Gogi Berries  
Hazelnut Meal  
Maca Powder  
Millet Grain  
Moong Dahl  
Nori  
Pecan butter  
EGGS (ORGANIC)  
Quinoa Grain  
Rapadura Sugar  
Raw Cacao  
Red Lentils  
Thai Green Curry  
OZGANICS  
Wild Blueberry  
Wild Raspberries  
Wild Rice

## PROTEIN POWDERS

Bioceuticals  
AMINOPLEX  
Tony Spiers PEA  
PROTEIN  
Ezyprotein Choc &  
W.Berry

## CELLOIDS

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

## **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