

**How much hair is needed?**

Approximately ½ tsp cut from the nape of neck, or arm/leg hair. If no hair, saliva on a cotton bud place in a plastic zip lock bag. (Babies)

**Does it matter if my hair is dyed?**

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 computerised graph through a unique system of equipment and software.

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

These tests relate to allergies type symptom. When there is an underlying allergy or allergic reaction there is a compromised immune system. (poor electrical cell function)

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 dis-ease states including allergies. The 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 Incompatible or Compatible with the individual.

**What problems may I encounter when I start the program?**

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 toxicity associated to the condition.

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

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

Excess inflammatory mediators in the bloodstream cause inflammation. 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 when the items are eliminated for 6 months. Some items will take longer depending on compliancy, others 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. 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.

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

The original sample is tested on symptomatic level (the red zone) which rates between 60-80; under 60 the item is incompatible. During the 6 months it is very possible for the items at borderline to present in the red zone. It is encourage taking the test at 6 months to further encourage the body's order of healing. 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 85% of bad 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 client following the instructions 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, 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. Eliminating the red items individually to the person 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 because the underlying causes have 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 associated to 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 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. Synergy plays a major part; for example White flour cooked with other ingredients may neutralise the reactivity. Whole foods are tested; this means foods are tested as you eat them. Eg/ 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 meat.

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

**Can I have extra items tested?**

Yes, see your consultant on the price per extra item. All we need is a small amount of the Extra items placed into a seal zip locked bag. A new hair sample will be required.

**Is there a way to test my pet's hair to see if I am intolerant to it?**

Yes, send in a small sample of your pet's hair/fur in a seal zip locked bag.

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

Yes. We have a pet list.

**Do you have other food lists?**

Yes, we have other lists including: United Kingdom, America, Dubai, Singapore/India, New Zealand, Poland. 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 intolerant food causes 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 intolerances 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. 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.

**Should I take supplements while I am on this program?**

Sometimes supplements can force the body to repair out of sequence.

Supplements are best taken after 4 weeks under your consultant's guidance

**I am feeling better can I come off my medications?**

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