



Australia's food & product compatibility analysis experts



Compatibility Report



Prepared For

Sample Report

Date 18 Jul 2024

Practitioner

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ABOUT US



40 years in the making



Specialised care throughout your journey



Qualified practitioners Australia & worldwide

The FoodFit Compatibility System, is the result of over forty years of research and development by qualified Health Practitioners.

Our Naturopathic approach program is trusted and used in more than 20 countries by qualified Consultants.

The technique is based on the way in which the food and products benefit the individual person.

Each person is unique and with this applies the,

‘one size does not fit all’

philosophy when it comes to food and household products.

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 aggravate existing symptoms?

Compatibility Hair Analysis is about finding local food and household products that suit the individual.

It is not based on Nutritional advice nor is it a Medical program designed to treat diseases. This 6 month Program follows the principle,

“Feed the body correctly and allow the body to repair itself”



FoodFit

“Australia's food & Product Compatibility analysis experts”

GETTING STARTED



CONGRATULATIONS

Sample

On starting your journey to a healthier, happier you!

In the next six months, we will combine effects to eliminate irritants from your body that may lead to discomfort and pain, while supplying it with essential components for improved well-being.

CLIENTS CHOOSE US!

STEP ONE

Complete the Meal Diary and return it to your Consultant. The filled-out diary will provide us with a comprehensive overview of the foods you are presently consuming.

STEP TWO

Your Consultant will provide guidance on eliminating the InCompatible foods and substituting them with the Compatible foods highlighted in black within this report.

STEP THREE

Your corrected Meal Diary will be your food list for the next 4 weeks. It is Ok to mix any foods in your corrected list. At week 4, consult your Consultant for further instructions.

ABOUT THE COMPATIBILITY PROGRAM



THIS IS NOT AN ALLERGY/INTOLERANCE TEST

Foods known to have caused anaphylaxis response, plus any known reactive foods.

SHOULD NOT BE REINTRODUCED

The focus of the Compatibility Programs delves deeply into the issue.

The purpose of this test is to correct the underlying problem that is causing your symptoms.

This is not an “allergy” or “intolerance test”. There are hundreds of components like fats, sugars and proteins that make up foods and it is impossible to accurately test for these individually as they appear in different combinations.

We test whole foods not individual components. Locating “allergic” foods and removing them usually relieves symptoms, but often does not get to the cause.

The situation is that some food/products cause the symptoms, while others aggravate the symptoms. These aggravations are what people usually pick up on. The pain is usually severe and immediate.

Currently, there is no known technology that can differentiate these reactions. This alternative test is exclusively administered by qualified Practitioners, monitoring your progress to ensure your best outcome.

GREEN VEGETABLES

Asparagus
Beans
 Bok choy
 Brussel Sprouts
 Cabbage
 Celery
 Choy sum
 Kale
 Leeks
 Lettuce
 Olives(All)
 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
 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 Oil

SEAFOOD

Calamari
 Fish (white)
 Salmon
 Sardine (All)
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/rose
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
 Mayonnaise(All)
 Mayonnaise 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)

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SOFT DRINKS

Cola (All)
Fanta(All)
Ginger Ale(All)
Lemonade(All)
Soda water
Tonic water

BEVERAGES

Caro
Coffee (All)
Chai tea
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)
Beerenberg Chipotle&Maple
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
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 Buon Tempo
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

Everymite
 Coco Hazlenut Pure Harv
 Hommus
 Tahini (All)
 ABC spread Melrose

BREAKFAST CEREALS

Cornflakes (All)
 Goodness Cereals (All)
 Just Right Original
 Oat Bran
 Rolled Oats
Vita Brits
Weet Bix
 Special K
 A.B. Buckwheat & quinoa
 Abundant Earth Corn Puff
 Carman's Muesli (Bircher & Toasted)
 Crunchola Apple & Blue
 Free & Low Muesli
 Orgran Quinoa porridge
 Millet Puffs
 Polenta
 Oats GF
 Weet-Bix GF

BREADS Supermarket

White
Wholemeal

GRAIN BREAD

AG Vital bread
 Burgen Soy-Lin
 Macro Ancient grains sprouted
Multigrain bread

SPELT BREAD

Alpine Spelt & Sprout grain
Ancient Grain Tigris Spelt
 Bakers Delight Spelt bread
 Bodhi's Dinkle. wholegrain
 Healthybake WM Spelt
Kamut bread
 Naturis organic spelt
 Sprouted Spelt Dinkel.

RYE BREAD

Bodhi's Wupper
 Burgen Rye bread
 Helgas Light Rye
Abbott's Rye
 Pumpernickel

SOURDOUGH BREAD

Alpine Spelt & Barley
Bill's Org 100% Spelt SD
 Brasserie Sourdough
Coles Laurent sourdough
 Healthybake FH Rye
 New Norcia Spelt
 Strange Grains Buckwheat
 Zeally Bay Sourdough

SPROUTED BREAD

Bodhi's mixed grain
 Pure Life Sprouted Spelt
 ESSENE sprouted bread
Pure Life Bio.D. Ezekiel 4:9

GLUTEN FREE BREAD

Abbots Mixed Seeds GF
 Bodhi's GF Chia Linseed
 Bodhi's GF Multi Grain
Bodhi's GF Yeast free
 Bodhi's Lupin loaf
 Burgen GF Soy Lin
 Burgen GF sunflower & chia
 Burgen GF White
 Country Life gluten & dairy Free
 Country Life Yeast gluten free
Helgas GF bread
 Moores GF.yeast free
 Naturis GF rice loaf
 Woolworth Free from Gluten (All)
 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 Paper 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
 Vege Chips LENTILS

GLUTEN FREE

Orgran Custard powder

CHOCOLATE / SWEETENERS

Cacao Butter
 Cacao plain powder
 Carob
Chocolate (Lindt)
Chocolate (Cadbury)
 Chocolate (Dove)
 Chocolate (Haigs SA)
 Chocolate (Nestle)
 Chocolate (Sweet William)
 Frey Dark Choc
 Pico Super dark Choc
 Liquorice
 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
 Cranberries Dried
Diatomaceous Earth FG
 Dulse (All)
 Falafel

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HEALTH SHOP Products cont.

Goji Berries
Almond Meal
Hemp seed
Hemp seed oil
Hemp Protein powder
Flaxseed meal
Maca Powder
Millet Grain
Nori
Nutritional Yeast(All)
Quinoa Grain
Wakame Flakes

COMMON SUPPLEMENTS

Aloe Vera
Barley Green
Chlorella
Fish oil (commercial)
Fish Oil (Practitioner)
Oregano Oil
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
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 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

NATURAL HOME products cont.

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
Weleda, Everon Lip Balm
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-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 Charcoal
Grants Herbal
Jack and Jill
Red Seal
Silicea silica
Thieves
Vicc 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

MISCELLANEOUS

Special K Gluten Free
Heinz Baked Beans Tom Sauce
SPC Baked Beans Tom Sauce
Lugol Iodine
Inner Health Plus
Ammodine
Anchovies
Octopus
Sage
Black Beans
Broccoli Sprouts
Carmens Pepita Poppy Crackers
Edamame beans
Natures Kit. Meat Free Sausages
Naturli Plant based mince
Olina's Seeded Crackers
Pana Ice cream vanilla
San Remo Pulse Pasta Red Lentils
Vege Delights Bacon Style Rashers

PROGRESS REPORT

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	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				
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NOTES				
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NOTES				
	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				

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 without my permission

SIGNATURE:

FEEL THE DIFFERENCE



STEP 1

Assess each symptom's improvement percentage compared to the start of the program. Keep in mind that some symptoms may worsen initially. If so, don't be discouraged, take note and discuss with your Consultant.

STEP 2

Submit the completed form to your Consultant for review during your next appointment.

This tool enables you to track your progress on the Compatibility Program. Over time, it can be challenging to recall your initial symptoms. Completing this table provides a concrete way to track your recovery progress, keeping you motivated and highlighting how your body responds to the program. It allows you to determine more accurately if your symptoms are improving. It only requires a few minutes weekly, yielding impressive results.

**SIMPLY
FOLLOW
THIS
QUICK
TWO-STEP
PROCESS:**

RESULTS



The Consultant will evaluate your progress at various stages and support your journey.

The goal is to achieve significant relief from symptoms.

If progress is not satisfactory, the Consultant may explore other factors, or simply suggest allowing more time for your body to heal, potentially requiring you to complete another Progress Report.

It typically takes a minimum of six months for the body to repair itself, and in cases of severe tissue damage, the process may take even longer.

The frequency and number of follow-up consultations will be tailored to your specific requirements.

PROGRESS - RE-ASSESSMENT WHILE ON THE PROGRAM

Starting at a sub-clinical level means that it may take time for certain symptoms to fade away.

The approach is centered on how food and products can benefit each person individually.

Each person is unique and with this applies the, 'one size does not fit all' philosophy when it comes to food and household products.

While some individuals experience relief from symptoms within a few days, for others, it may take 6 to 8 weeks. The timeframe depends on how well you adhere to your Consultant's guidance and the extent of cellular repair needed.

Supplements, creams, and medications that are compatible may be recommended to alleviate symptoms until the immune system can address the underlying issue. Additional factors like parasites, viruses, and heavy metals can also affect the immune system and may require attention. Your consultant can provide further information.

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 small plastic zip lock bag.

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. The 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 PRICK 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)

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. 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 either incompatible or compatible with each 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 mucus, gunk in the eyes etc. This depends on the level of toxicity associated with the condition. Skin conditions may get temporarily worse, because skin is a large eliminatory organ. Always talk to your Consultant if any of these symptoms happen.

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.

WHY DO I NEED TO ELIMINATE THE FOOD IN RED FOR 6 MONTHS?

Excess inflammatory mediators in the bloodstream can cause inflammation. Some inflammatory mediators live up to 120 days. To cover all scenarios and gain the maximum benefit for the client it is recommend 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 requires the body to need 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.

QUESTIONS AND ANSWERS

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.

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 and need to be dealt with. The major plus of this program, 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 temporary 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 mucus loose bowels etc. This depends on the toxicity level associated with your condition. Skin conditions may get temporarily worse, skin being a large eliminatory organ.

WHY CAN I EAT POTATOES BUT NOT POTATO FLOUR OR CORN BUT NOT CORN FLAKES?

Processing and cooking changes the structure of the food. Synergism also plays a major part.

This means that a food or food component may test incompatible on its own but when cooked or mixed in with other ingredients that process can change the original 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.

QUESTIONS AND ANSWERS

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. Other countries can be arranged. 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, perfumes 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 tolerant.

WHAT IS IRRITABLE BOWEL SYNDROME AND HOW WILL THIS TEST HELP ME?

IBS is an area of inflammation in the bowel. This program is focused on finding which food and products are causing 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/aggravated by constipation. 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 foods works collectively and we need to eliminate **all** to be effective. **Eating one incompatible food three times a week** 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.

COMPATIBILITY RETEST VOUCHER

For optimal results from your Compatibility Program, it is crucial to undergo a retest between six and nine months after initiating the program.

This allows your Consultant to assess your body's response to the program and determine if any additional adjustments or therapies are needed.

Typically, around 75% of foods and household products show improvement within six months, but some may require more time.

Reintroducing items too soon or in large quantities can lead to a resurgence of symptoms. Your retest report not only identifies which items can be reintroduced but also provides guidance on how and when to do so.

Maximise the benefits of the program by contacting your Consultant to schedule your retest before the specified date. If you wait beyond nine months for the retest, changes in your body may necessitate starting the program anew.

Contact your FoodFit Consultant for Reduced Retest Fee.



Sample Report

Expiry Date: 18/4/2025

Hair sample

Please also provide a hair sample big

enough to cover the shaded area or saliva sample.

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



PAYMENT DETAILS

Card Number:

Cardholder Name: _____

Credit Card Type: MasterCard Visa

Expiry Date ____ / ____ CVV ____

Signature: _____