

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:

**Rebecca Lang ND
Bargara Beach Holistic Health Centre
674 Bargara Rd
Bargara Qld 4670
Australia**

Phone: (07) 41 59 1834 MB: 0427 827 414

Email healthandhealing@bigpond.com

Hair sample

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



Place hair sample in Glad Wrap or plastic bag. Attach securely and send with the front page of this form.

Personal details (as required on your report)

Name: _____ Date of Birth...../...../.....

Parents Name if child: _____

Address: _____

Suburb: _____ State: _____ Postcode/Zip: _____ Country: _____

Phone: _____

Email: _____ (your receipt will be emailed to you and your report)

Payment details **\$287 for 1 x 6 month Wellness Programme**

Card Number:

Cardholder Name: _____

MasterCard Visa

Card type

Expiry date/..... Signature

If you prefer not to submit your credit card details, please enclose a **cheque or money order made payable to Bargara Beach Holistic Health Centre or use PayPal or call us to process payment over the phone.**

Baby and Indian lists can only be ordered with standard list. Add an extra \$55.00. Animal Test \$187.00

Please list your symptoms;

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

Other

Thank you for filling out this form

Upon receipt we will process your Hair Analysis and email you your report within 10-15 days.

500 Standard List

List subject to CHANGE

GREEN VEGETABLES

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Leeks
Lettuce
Olives
OKRA
Parsley
Rocket
Shallots
Snow Peas
Wombok

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)
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Ham
Kangaroo
Lamb
Pork
Turkey

SEEDS

Linseed/oil/meal
Pumpkin
Sesame
Sunflower
Chia

FRUIT

Apples

Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honey Dew 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 (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
Jarra Hot chocolate
L LOYDS Org Prune
juice
Milo
Ovalline
Ribeena
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
Mixed Herbs
Oregano
Rosemary
SAUCES
AYAM Oyster
B.B.Q Eta
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 (Magi)
Beef Stock (Massel)
Bonox
Chicken Stock (Magi)
Chicken Stock (Massel)
Miso
Massel Gravy mix
Vegetable Stock (Massel)

SUGARS/ Sweeteners

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

OTHER MILKS

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
Bon Soy

FLOUR / GRAINS

Cornflour [wheat free]
Pasta (Durham wheat)
Rice Brown (ALL)
Rice White (ALL)
Rice noodles
White Flour (plain & S.R.)
Wholemeal Flour (ALL)

HERB-SPICE-CONDIMENT

All spice
Baking Powder
Bay Leaf
Bi Carb Soda
Baking Powder
Cajun Spices

**500 standard List
continued**

Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Homus
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Herbemare 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
Tempey
SPREADS
Cottees Blackberry Jam
Cottees Marmalade
Nutella
St Dalfours strawberry
St Dalfours wild blueberry
Vegemite

BREAKFAST CEREALS

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

DAIRY

Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Fetta Cheese (goat)
Goats Cheese
Goats Milk

Icecream (Peter's
Vanilla)
Icecream soy
Margarine (Flora)
Margarine (Nuttalex)
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
Pumpernickel 100% Rye

Health Shop BREADS

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

CHOCOLATE / SWEETS

Cocoa (Cadbury)
Chocolate (Darrell Lea)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Chocolate (SWEET
WILLIAM)
Liquorice

GLUTEN FREE

BASCO bread mix
BASCO chicken & veg
soup
BASCO Chocolate Cake
Basco Date loaf
BASCO 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
Common Ground
buckwheat sourdough
Naturis GF rice loaf
Supermarket CEREALS
Cornflakes
Crunchy Nut
Goodness Cereals (all)
Just Right
Oat Bran
Oat Brits
Rice Bran
Rice Bubbles
Rolled Oats
Special K
Sultana Bran
Vita Brits
Weet Bix

LAUNDRY Products

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

Sunscreen Banana Boat
Sunscreen UV
Tripplegard
Coles sensitive 30+
Oleo Sunscreen

**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
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Clean
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

METALS

Aluminium
Gold
Mercury
Silver

**COMMON
SUPPLEMENTS**

Ammodine
Aloe Vera
Chlorella
Fish oil Capsules
Inner Health Plus
Inner Health plus Dairy
free
Lugol

500 standard List
Continued

Nordic Fish Oils
Psyllium
Rose Hip Oil
Tissue Salts/colloids
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
Nurofen
Panadine
Paracetamol Heron
Paracetamol Panadol

**HEALTH SHOP/
ORGANIC**

Barley Grain
Bean Broad
Bean Kidney
Bean Lima
Bean Adzuki
Bean Borlotti
Bean Cannellini
Carob
Chickpea Splits
Cous Cous
Cranberries Dried
Coconut water
Flour Amaranth
Flour BESAN
Flour Buckwheat
Flour Coconut
Flour Kamut
Flour Maize
Flour Rye
Flour Soy
Flour Spelt
Flour Tapioca
Gogi Berries
Hazelnut Meal
Maca Powder
Millet Grain

Moong Dahl
Nori
Butter Chicken
OZGANICS
Thai Green Curry
OZGANICS
Quinoa Flakes
Rapadura Sugar
Raw Cacao
Red Lentils
Wild Blueberry
Wild Raspberries
Wild Rice
Potato Flour
Psyllium
Tapioca Flour
Falafel
raw cacao

CELLOIDS

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

Practitioner Items

item 1
item 2
item 3
item 4

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