



The Bio-Compatibility Hair Analysis for Foods

Why am I still sick?

Do you suffer from headaches, irritable bowel syndrome, skin conditions such as eczema or psoriasis, sinusitis, migraines, asthma, arthritis, ADHD, or other health complaints that make life challenging?

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 program, which is used in more than 20 countries.

Please complete this form, take a hair sample in a snap lock sandwich bag and send to:

Ruth Fellowes
66 King Street,
East Maitland NSW 2323

Send enough hair to cover the white area below:



66 King Street, East Maitland
0425 301 485
ruth@ruthfellowes.com.au
www.ruthfellowes.com.au

Have you noticed that some foods give you good energy and leave you feeling well and happy, while others seem to drag you down and aggravate existing symptoms? The Bio-Compatibility Hair Analysis can identify which foods or household items suit YOU as an individual. Each person is unique so it obviously follows that when it comes to foods and household products that '**one size does not fit all**'. We each have different nutritional and energy requirements.

What the Hair Analysis Test covers:

Our standard test covers a list of over 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). The baby's list adds another 57 commonly used items for babies, including creams and powders, medications, shampoos, soaps, wipes.

Personal details (as required on your report)

Name: _____ Date of Birth ____/____/____

Parents Name if child: _____

Address: _____

Suburb: _____

State: _____ Postcode: _____ Phone: _____

Email: _____

Please list or tick your symptoms:

- | | | |
|--|---|--|
| <input type="checkbox"/> acne/rosacea | <input type="checkbox"/> diarrhoea | <input type="checkbox"/> gout |
| <input type="checkbox"/> ADD/HD/behavioural issues | <input type="checkbox"/> digestive/nausea | <input type="checkbox"/> headache |
| <input type="checkbox"/> arthritis | <input type="checkbox"/> earache | <input type="checkbox"/> hives |
| <input type="checkbox"/> asthma | <input type="checkbox"/> excess mucous | <input type="checkbox"/> irritable bowel |
| <input type="checkbox"/> bad breath | <input type="checkbox"/> eye infections | <input type="checkbox"/> migraine/headaches |
| <input type="checkbox"/> bloating | <input type="checkbox"/> fatigue | <input type="checkbox"/> muscle aches & pain |
| <input type="checkbox"/> constipation | <input type="checkbox"/> flatulence | <input type="checkbox"/> PMS |

Other: _____

Test Type Required - Selected tests includes 30 minute consultation to explain & discuss results:

- ☐ \$287 Standard Test
☐ \$299 Baby Test (standard plus additional baby list)
☐ \$30 Optional extra, choose your own supermarket ☐ Coles, ☐ Woolworths or ☐ Aldi
☐ \$177 Pet Test (243 items tested, no consultation included in price)

Payment details

Card Number: _____

Cardholder name: _____

Expiry date: ____/____/____ Amount: \$_____

Signature: _____

Thank you for filling out this form. Upon receipt, we will process your hair analysis and send you your report within 7 - 14 days.

Disclaimer: This program is not intended to be construed as medical advice, or intended to lead anyone away from a qualified medical practitioner. We make no claims to cure, diagnose, treat or prevent any disease. We cannot take responsibility for those who may help themselves outside of our instructions. If you have a medical condition, please discuss this prior to undergoing the test.

Green Vegetables	Coconut oil	Horseradish	Turmeric	Country Life Yeast gluten	Mercury	S79
Asparagus	Ghee	Mayo. Praise	Vanilla (pure)	wheat free	Silver	PS 29
Beans	Grape Seed Oil	Traditional Mayonnaise Kraft	Vinegar (all types)	Common Ground bwheat	Common supplements	PP85
Bokchoy	Macadamia oil	Soy sauce (ALL)	Xanthan gum	sourdough	Ammodine	PC73
Brussell Sprouts	Olive Oil	Sweet Chili	Soy Products	Naturis GF rice loaf	Aloe Vera	MP 65
Cabbage	Rice Bran Oil	Fountain Tomato	Tofu	Supermarket Cereals	Chlorella	IP82
Celery	Sesame oil	HEINZ big red	Tempey	Cornflakes	Fish oil Capsules	CS 36
Choy sum	Sunflower (Crisco)	Tomato Paste Leggo's	Spreads	Crunchy Nut	Inner Health Plus	CP 57
Leeks	Seafood	Tomato paste Select	Cottees Blackberry Jam	Goodness Cereals (all)	Inner Health plus Dairy free	CF43
Lettuce	Calamari Fish (white)	Tomato Sauce Fountain	Cottees Marmalade	Just Right	Lugol	Tissue Salts Option
Olives	Salmon	Worcester sauce	Nutella	Oat Bran	Nordic Fish Oils	
OKRA	Sardine in oil	Dried Vegetables	St Dalfours strawberry	Oat Brits	Psyllium	ADDITIONAL
Parsley	Shellfish (All)	Chick Peas	St Dalfours wild blueberry	Rice Bran	Rose Hip Oil	BABY ITEMS
Rocket	Tuna	Coconut	Vegemite	Rice Bubbles	Tissue Salts/celloids	
Shallots	Berries	Dried Beans	Breakfast Cereals	Rolled Oats	Slippery Elm Powder	Creams/Powders
Snow Peas	Blackberry	Lentils	Crunchol ApplenBlueberry	Special K	Spirulina	Amolin Baby Cream
Wombok	Blueberry	Split Peas	Free and Low Muesli	Sultana Bran	Barley Green	Johnsons Baby Ltn (pink)
Other Vegetables	Raspberry	Stock	Good Morning Millet Puffs	Vita Brits	Wheat grass	Johnsons Baby Pdr
Avocado	Strawberry	Beef Stock (Magi)	Lecithin	Weet Bix	Herbal Fibre blend	Curash Baby Pdr
B/Beans W.Worths Org	Sprouts	Beef Stock (Massel)	Lowan Rice Porridge	Laundry Products	ISOwhey Protein Powder	Johnsons Cornstarch
Baked Beans (Heinz)	Alfalfa sprouts	Bonox	Polenta	Bio Zet	Creams and Ointments	Johnsons Nappy Rsh Crm
Baked Beans (SPC)	Mung Beans	Chicken Stock (Magi)	Dairy	Bleach	Arnica (Martin & Plce)	Bepanthen Antisptc Crm
Beetroot	Snow pea sprouts	Chicken Stock (Massel)	Butter	Cold Power	Calendula (Martin & Pleasance)	Johnsons Sorbo Cream
Broccoli	Nuts	Miso	Cows Cheese	Cuddly Fabric Softener	Comfrey (Martin & Pleasance)	QV cream
Button Squash	Almonds/meal	Massel Gravy mix	Cows Yoghurt	Fluffy	Chickweed (Greenridge)	Heinz Sudocrem
Capsicum	Brazil	Vegetable Stock (Massel)}	Cream	Lux Flakes (laundry)	Papaw ointment (Lucas)	Palmers CocoaButter
Carrot	Cashews	Sugars/ Sweeteners	Eggs	Nappisan	Thuja (Martin & Plce)	Palmers CocoaButter
Cauliflower	Hazel	Agave	Feta Cheese (goat)	Omo	Sorbolene	lotion Vit E
Choko	Macadamia	Golden Syrup	Goats Cheese	Preen	Petrol chemicals	Medications
Corn	Pecans	Honey	Goats Milk	Radiant	Diesel	Bonjella
Cucumber	Pine Nuts	Manuka Honey	Ice cream (Peter's Vanilla)	Sard Wonder Soaker	Kerosene	Pentavite
Eggplant	Walnut	Maple Syrup	Ice cream soy	Windex	Methylated Spirits	MILTON Tablet
Fennel	Alcohol	Palm Syrup	Margarine (Flora)	Wool Mix M.Gardner	Petrol	Brauers Collic drops
Gherkins (bottle)	Beer	Stevia	Margarine (Nuttalex)	Earth Choice Products	Engine oil	Shampoo and soap
Mushroom all	Bourbon	Sugar Brown	Milk A2	Fabric Softener	Cigarette Smoke	CEDEL Baby Shmpo
Onion	Brandy	Sugar Raw	Milk Carnation	Laundry liquid	Chemist Products	(no tears)
Parsnip	Gin	Sugar White	Milk Full Cream	Multi Purpose spray	Aspro	Johnsons baby shmpo
Peas	Kahlua	Xylito	Milk Skim	Wool Mix	Nurofen	& cond
Potato	Rum	Other Milks	Sheep Cheese	Dish Liquid	Panadine	Johnsons bedtime bath
Pumpkin	Tia Maria	Coconut milk	Zymil (lactose free milk)	Floor-surface	Paracetamol	Johnsons bath moisturising
Silverbeet/Spinach	Vodka	Oat milk	Supermarket BREADS	Deodorants	Heron	Amolin Baby Bath
Swede	Whiskey	Rice Milk (So-Natural)	Corn Thins	Body Choice Natural	Paracetamol	Amolin Baby Shampoo
Sweet Potato	Wine Red	Rice Milk (Australia's Own)	Healthy Soft Sorj wrap	Crystal Stick	Paracetamol	Baby wipes
Tomato	Wine White/champagne	Rice Milk (Rice Dream)	Rice Thins	Dove	Panadol	Chubs Stackable Wipes
Turnip	Other Drinks	Soy Milk (So-Good)	White	Mum	Barley Grain	Huggies Wipes(green)
Zucchini	Caro	Soy Milk (So Natural)	Wholemeal	Rexona Sport	Bean Broad	Johnson wipes
Meats	Ecco	Bon Soy	Mountain Rice	Tea Tree Oil Deodorant	Bean Kidney	PIDGEON Baby Wipes
Bacon	Coffee (all)	Flour / Grains	King Henry Rye	Sunscreen	Bean Lima	Formulas
Beef	Cola (all)	Cornflour [wheat free]	Pumpernickel 100% Rye	Banana Boat	Bean Adzuki	S26 Lactose Free
Chicken	Cranberry Juice	Pasta (Durham wheat)	Health Shop BREADS	Sunscreen UV Tripplegard	Bean Borlotti	S26 Gold
Duck	Drinking Choc (Cadbury)	Rice Brown (ALL)	Ancient Grain	Coles sensitive 30+	Bean Cannellini	S26 AR
Ham	Fanta (Orange)	Rice White (ALL)	Tigris Spelt	Oleo Sunscreen	Carob	Karicare De-Lact
Kangaroo	Ginger Ale	Wholemeal Flour (ALL)	Ancient Grain	Bathroom Chemicals	Chickpea Splits	Karicare thickened
Lamb	Jarra Hot chocolate	Herb-Spice-Condiment	Devonport Rye	Lux Body Wash	Cous Cous	Karicare Soya
Pork	Lloyds Org Prune juice	All spice	ESSENE sprouted bread	Palmolive Shower Milk	Cranberries Dried	Karicare Gold
Turkey	Milo	Baking Powder	Organic Kamut (SOL)	Shampoo Baby (Johnsons)	Coconut water	Karicare Goat
Seeds	Ovaltine	Bay Leaf	Paine DE Campagne (SOL)	Shampoo Head&Shldrs	Flour Amaranth	Heinz Nurture Gold
Linseed/oil/meal	Ribeena	Bi Carb Soda	Naturis organic spelt	Shampoo Pantene	Flour BESAN	Heinz Nurture
Pumpkin	Rooibos Tea	Baking Powder	Lifestyle Ancient Grain	Shampoo Wella Balsam	Flour Buckwheat	follow on
Sesame	Sprite-Lemonade	Cajun Spices	Flinders Sourdough bread	Shaving Foam Gillette	Flour Coconut	Nestles NAN
Sunflower	Schweppes Lemonade	Chilli	Chocolate / Sweets	Shaving Gel Nivea	Flour Kamut	Neo Cate
Chia	Soda Water	Cinnamon	Cocoa (Cadbury)	Soap Pears	Flour Maize	Disposable Nappies
Fruit	Tonic water	Cloves	Chocolate (Darrell Lea)	Soap Dove	Flour Rye	Huggies
Apples	Tea (black)	Cream of Tartar	Chocolate (Lindt)	Talcum Powder	Flour Soy	Baby Love
Apricot	Herbal Tea	Cumin	Chocolate (Nestle)	Kitchen/Cleaning Products	Flour Spelt	VIP'S
Banana	Chamomile Tea	Curry Powder	Chocolate (Cadbury)	Ajax Spray & Wipe	Flour Tapioca	Home Brand
Cherries	Dandelion Tea	Dill	Chocolate (Dove)	Domestos	Gogi Berries	Processed Foods
Dates	Green Tea	Fennel Seeds	Chocolate (Haig)	Exit Mould	Hazelnut Meal	Farex original
Fig	Olive Leaf Tea	Garam Masala	Chocolate (SWEET	Insect Spray	Maca Powder	Heinz Teething Rusks
Grapefruit	Peppermint Tea	Garlic	WILLIAM)	Jif	Millet Grain	Heinz Baby's first
Grapes	Biscuits	Gelatine	Liquorice	Morning Fresh	Moong	rice cereal
Honey Dew	Arnot Orange	Ginger	Gluten Free	Palmolive Dish Liquid	Dahl	Arnotts Milk
Melon	Arnot Delta Cream	Guar Gum	BASCO bread mix	Pine-O-Cleen	Nori	Arrowroot biscuits
Kiwifruit	Crackers Snaps	Homus	BASCO chicken & veg soup	Shower Power	Butter Chicken Ozgarnics	Heinz Potato, Peas,
Lemon	Crackers Premium	Mixed Spice	BASCO Chocolate Cake	Sunlight Dish Liquid	Thai Green Curry Ozgarnics	Broccoli
Limes	Jatz original	Mustard	Basco Date loaf	Toothpaste	Quinoa Flakes	Heinz sweetcorn &
Lychee	Milk Arrowroot	Nutmeg	BASCO Pancake mix	Colgate (all types)	Rapadura Sugar	chicken
Mandarine	Sakata plain	Paprika	Coles GF Spaghetti	Grants Herbal	Raw Cocoa	Golden Circle
Mango	Sao	Pepper (black and white)	Fantastic Chicken Noodles	McLeans (all types)	Red Lentils	Golden Circle
Nectarine	Vita Weat original	Pepper Cayenne	Fantastic Original crackers	RED SEAL Herbal	Wild Blueberry	Creamy tuna & veg
Oranges	Herbs/dried & fresh	Salt (refined table)	Freedom frm gluten wraps	Sensodyne	Wild Raspberries	Golden Circle Fruit
Passionfruit	Basil	Salt Celtic sea salt	Go Natural Fruit & Nut bar	Wild Rice	Salad	salad
Pawpaw	Chives	Salt Herbemare	ORGRAN Buckwheat Flour	Potato Flour	Golden Circle Banana	Golden Circle Banana
Peaches	Coriander	Vege Original	ORGRAN custard powder	Psyllium	custard	custard
Pears	Mixed Herbs	Salt Himalayan	ORGRAN Gravy Mix	Tapico Flour	Golden Circle Apple	Golden Circle Apple
Pineapple	Oregano	Salt Rock Salt	ORGRAN No Egg	Falafel	& mango	& mango
Plums	Rosemary	Tabouli	ORGRAN Rice Pasta	Raw cacao	Heinz egg custard	Heinz egg custard
Prunes	Sauces	Tarragon	ORGRAN Rice-Corn Pasta	Celloids	Heinz fruit salad yogurt	Heinz fruit salad yogurt
Raisins / Sultanas	AYAM Oyster	Thyme	ORGRAN spaghetti Tom	SS69	desert	desert
Rockmelon	B.B.Q. Eta	Trocomare	SAN REMO GF Pasta	SP96	Heinz Apple & black	Heinz Apple & black
Watermelon	B.B.Q. Master Foods	Vege Salt	MOORE'S GF-yeast free bread	Gold	currant gel	currant gel
Oils / Fats	Hoi Sin				Heinz Choc custard	Heinz Choc custard
Avocado oil						