

Here's how a simple program can change your life...



The wellness program is the result of more than 30 years of research and development by experienced natural health practitioners.

Behind the program lies the principle that 'dis-ease' in your body can be aggravated by certain foods and/or products interfering with the body, preventing it from working properly.

Find out what you CAN eat/use

Feeding your body correctly may assist your immune system to deal with other issues more effectively.

This means, by following the program, your immune system gets to deal with each issue in a way that works best for your body.

How does the Program work?

We determine which foods and household products are best for the individual. With this valuable information, your practitioner will develop an effective, individual client care protocol for you.

We also have two specialty lists - one for babies and another for pets.

Your Practitioner can assist with these.

A Program as unique as you are!

The Compatibility Program is NOT a 'one-size-fits-all' solution, but instead, it represents your individual requirements and responses.

As a result of its effectiveness in this area, it has become widely regarded as the essential tool for proactive professionals - especially those who want to go beyond treating the symptoms, offering a holistic approach to wellness.

What's the next step?

If you would like to know more about the program, talk to your health care Practitioner.

He/she will explain all you need to know and what is required.

Now you are ready to make a commitment to your wellbeing and unlock the simple secrets to a healthier happier you:

Practitioner

You'll see a lasting change because the program is working at the very root of the issue - NOT just masking the symptoms

DISCLAIMER: This program is not intended to be construed as medical advice, nor is it intended to lead anyone away from a qualified health practitioner. We make no claims to cure, diagnose, treat or prevent any disease. We cannot take responsibility for those who may want to help themselves outside of our instructions. If you have a medical condition, we urge you to be supervised by a qualified health practitioner of your choice.



Unlock simple secrets

Over 500 everyday Foods & Household products

Our 500 standard list includes ...

GREEN VEGETABLES	FRUIT	Pistachio	FERMENTED
Asparagus	Apples	Walnut	Kefir(All)
Beans	Apricot		Kimchi (All)
Bok choy	Banana		Kombucha (All)
Brussel Sprouts	Cherries	ALCOHOL	Sauerkraut(All)
Cabbage	Dates	Beer	
Celery	Fig	Bourbon	SOFT DRINKS
Choy sum	Grapefruit	Brandy	Cola (All)
Kale	Grapes	Cider	Fanta(All)
Leeks	Honeydew Melon	Gin	Ginger Ale(All)
Lettuce	Kiwifruit	Kahlua	Lemonade(All)
Olives	Lemon	Rum	Soda water
Okra	Limes	Tia Maria	Tonic water
Parsley	Lychee	Vodka	
Pak choy	Mandararin	Whiskey	BEVERAGES
Rocket	Mango	Wine Red	Caro
Silverbeet/Spinach	Nectarine	Wine White/champagne	Coffee (All)
Shallots/spring onion	Oranges		Ecco
Snow Peas	Passionfruit		Milo
Wombok cabbage	Pawpaw	DAIRY Products	Ovaltine
	Peaches	Butter	Rooibos Tea
	Pears	Cream (All types)	Tea (black all)
OTHER VEGETABLES	Pineapple	Cheese Cows (All)	
Avocado	Plums	Cheese Fetta (goat)	OTHER DRINKS
Beetroot	Prunes	Cheese Sheep	Cranberry Juice
Bitter Melon	Raisins / Sultanas	Margarine (All)	Coconut water
Broccoli	Rockmelon	Milk A2	Ribena
Button Squash	Watermelon	Milk Full Cream	
Capsicum		Milk Skim	HERBAL TEAS
Carrot	OILS / FATS	Milk Carnation	Chamomile Tea
Cauliflower	Avocado Oil	Milk Goats	Dandelion Tea
Corn	Coconut Oil	Mayo (All)	Green Tea
Cucumber	Ghee	Mayo Organic	Peppermint Tea
Eggplant	Grape Seed Oil	Yoghurt Cows Greek	
Fennel	Macadamia oil	Yoghurt Sheep	HERBS dried & fresh
Globe Artichoke	Olive Oil		Basil
Mushroom all	Rice Bran Oil	LACTOSE FREE Product	Chives
Onion	Sesame Oil	Butter Coconut	Coriander
Parsnip	Sunflower Oil	Butter Almond	Lemon Grass
Peas		Biocheese Vegan	Mixed Herbs
Potato	SEAFOOD	LF Cheese Liddells	Oregano
Pumpkin	Calamari	LF Cream Liddells	Rosemary
Swede	Fish (white)	LF Milk Liddells	
Sweet Potato	Salmon	LF Milk Zymil	SPICE-CONDIMENT
Tomato	Sardine in oil	Soy Mayonnaise	Bay Leaf
Turnip	Shellfish (All)	Vegenaise	Bi Carb Soda
Zucchini	Tuna	Tempeh	Baking Powder
		Tofu	Cajun Spices
MEATS	BERRIES	Yoghurt Coconut (All)	Chilli
Bacon	Blackberry		Cinnamon
Beef	Blueberry	MILK Alternative	Cloves
Chicken	Raspberry	Almond milk	Cream of Tartar
Duck	Strawberry	Almond Activ Pure Har.	Cumin
Emu		Coconut milk	Curry Powder
Ham		Oat milk	Dill
Kangaroo	SPROUTS	Rice milk	Fennel Seeds
Lamb	Alfalfa sprouts	Soy milk	Garam Masala
Pork	Mung Beans		Garlic
Turkey	Snow pea sprouts		Ginger
Venison			Mixed Spice
SEEDS	NUTS		Mustard
Chia	Almonds		Nutmeg
Linseed/oil/meal	Brazil		Paprika
Poppy	Cashews		Pepper (black&white)
Pumpkin/Pepitas	Hazel		Pepper Cayenne
Sesame	Macadamia		
Sunflower	Pecans		

List subject to change. Brand names remain the property of their respective companies and are used as examples only.

Salt (refined)	Chicken Stock Massel	Goodness Cereals	WRAPS/BASES
Salt Celtic sea salt	ChickenStockCampbell	Just Right	Corn tortilla
Salt Herb Vege	Vege stock Aus Own	Oat Bran	GF wraps
Salt Himalayan	Vege Stock Massel	Rolled Oats	Plain wheat wraps
Salt Rock Salt	Gravox (All)	Vita Brits	Quinoa wraps
Tarragon	Gravy mix Massel	Weet Bix	Rice Thins
Thyme	Gravy Mix Orgran	Special K	Rice wraps
Turmeric	Miso (All)	AB Buckwheat	Spelt wraps
Vanilla (pure)		Abund Earth CornPuff	
Vinegar (all types)	SUGARS/ Sweeteners	Carmens Muesli	BARS
Vinegar Apple Cider	Erythritol	Crunchola Apple	Carmens Muesli bar
Cinnamon	Stevia	Free & Low Muesli	Carmens Dark Choc
Cloves	Honey	Lowan Rice Porridge	Go Natural Fruit Nut
Cream of Tartar	Honey Manuka		
Cumin	Mesquite powder	Millet Puffs	FLOURS
Curry Powder	Syrup Agave	Polenta	Amaranth
Dill	Sugar Brown	Oats GF	Arrowroot
Fennel Seeds	Sugar Raw	Weet-Bix GF	Banana
Garam Masala	Sugar White		Barley
Garlic	Sugar Coconut	BREADS Supermarket	Besan
Ginger	Sugar Palm	White	Buckwheat
Mixed Spice	Syrup Coconut	Wholemeal	Cornflour
Mustard	Syrup Golden	AG Vital bread	Cassava
Nutmeg	Syrup Maple	Burgen Soy-Lin	Coconut
Paprika	Syrup Rice malt (All)	Goanna Bakery Rice	GF SR
Pepper (black&white)	Xylitol	Multigrain bread	GF Plain
Pepper Cayenne		Alpine Spelt Sprouted	Potato
Salt (refined table)	RICE	Ancient Grain Tigris	Quinoa
Salt Celtic sea salt	Orgran Rice Pasta	Bakers Delight Spelt	Rye
Salt Herb Vege	Orgran Rice-Corn Pasta	Bodis Dinklebrot	Sorghum
Salt Himalayan	Rice Brown (All)	Healthybake Spelt	Spelt
Salt Rock Salt	Rice White (All)	Kamut bread	Wheat Plain&SR
Tarragon	Rice noodles	Naturis organic spelt	
Thyme		Paulos Spelt Loaf	CRISPS
Turmeric	PASTA/PASTRY	Sprouted Spelt bread	Macro org Corn
Vanilla (pure)	GF Pasta Coles	Burgen Rye bread	Macro Root Vege
Vinegar (all types)	GF Pasta San Remo	Helgas Light Rye	Smiths original
Vinegar Apple Cider	Pasta (Durum wheat)	King Henry Rye	
	Buckwheat Spirals	Pumpnickel 100%	CHOCOLATE SWEET
SAUCES	Buckwheat San Remo	Brasserie Sourdough	Cacao Butter
B.B.Q. sauce(All)	Lasagne Sheets Macro	BrasserieQuinoa/Soy	Cacao raw powder
Fish sauce (All)	Puff pastry	Healthybake FH Rye	Carob
Horseradish	Wheat Noodles	New Norcia Spelt	Chocolate Lindt
Macro Org Passata		Strange Grains Buckw	Chocolate Cadbury
Oyster sauce (All)	CRACKER/CRISPBREAD	Zeally Bay Sourdough	Chocolate Dove
Soy sauce (All)	Mary's Gone cracker GF	Bohdis Sprouted	Chocolate Haigs SA
Soy Tamar sauce (All)	Orgran Buckwheat CB	Pure Life Sprouted	Chocolate Nestle
Soy Coconut amino	Orgran Multi Crisp brd	ESSENE sprouted	Frey Dark Choc
Sweet Chilli sauce	Sao	Pure Life Bio.D. Ezekiel	Green & BlackOrgDK
Tomato sauce (All)	Rice crackers	Bohdis GF Chia	Liquorice
Tomato Paste (All)	Seaweed crackers	Bohdis GF Multi Grain	Loving Earth Choc
Tom sauce Orgran	Vita Weat original	Bohdis GF Yeast free	Loving Earth Dk Org
Worcester sauce		Bohdis Lupin loaf	Pana Chocolate
DRIED VEGETABLES	SPREAD/PASTE	Burgen GF Soy Lin	HEALTH SHOP Prod
Chick Peas (All)	St Dalfours GF jam	Burgen GF sunflower	Acai powder
Coconut	Vegemite/ Ozemite	Burgen GF White	Betonite clay
Lentils (All)	ABC spread Melrose	Country Life GF	Black seed (nigella)
Split Peas	Coco Hazlenut Pure Har	Country Life Yeast GF	Bone broth (All)
	Hommus	Helga's GF bread	Beef Gelatin collagen
STOCK/GRAVY	Tahini Unhulled (All)	Moores GF yeast free	Barley Grain
Beef stock Aus Own	Vege spread Freedom	Naturis GF rice loaf	Bean Adzuki
Beef Stock (Massel)		Precinct GF Quinoa	Bean Borlotti
Beef Stock Campbell'	BREAKFAST CEREALS	Bak DeLow Fodmap	PLUS MANY MORE
Bonox	Cornflakes (All)		

COMPATIBILITY PROGRAM

Please complete the following:

Name: _____

DOB: ____ / ____ / ____ Male Female

Address: _____

Suburb: _____ State: _____

Postcode: _____ Phone: _____

Email: _____

My symptoms include (tick all appropriate)

<input type="checkbox"/> Acne	<input type="checkbox"/> Digestive	<input type="checkbox"/> Migraine
<input type="checkbox"/> ADD/HD	<input type="checkbox"/> Earache	<input type="checkbox"/> PMS
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Excess mucus	<input type="checkbox"/> Psoriasis
<input type="checkbox"/> Bad Breath	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Rashes/itchy skin
<input type="checkbox"/> Bloating	<input type="checkbox"/> Flatulence	<input type="checkbox"/> Restless legs
<input type="checkbox"/> Brain fog	<input type="checkbox"/> Headache	<input type="checkbox"/> Sinus/Hayfever
<input type="checkbox"/> Constipation	<input type="checkbox"/> Hives	<input type="checkbox"/> Sleep Disorders
<input type="checkbox"/> Diarrhoea	<input type="checkbox"/> Irritable bowel	<input type="checkbox"/> Thrush
Other _____		

Please post to your Practitioner
Amount of hair _____

Practitioner