



Australia's food & product compatibility analysis experts

# Compatibility Report



Prepared For

**Sample  
Report**

Date 6 Feb 2025

Practitioner

FoodFit

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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 (all colours)  
 Bok choy  
 Broccoli  
 Brussel Sprouts  
 Cabbage  
 Celery  
 Choy sum  
 Kale  
 Leeks  
 Lettuce  
*Olives*  
 Okra  
 Parsley  
 Pak choy  
 Rocket  
 Silverbeet/Spinach  
 Shallots/spring onions  
 Snow Peas  
 Wombok cabbage

OTHER VEGETABLES

Avocado  
*Beetroot*  
 Bitter Melon  
 Button Squash  
 Capsicum  
 Carrot  
 Cauliflower  
 Corn  
 Cucumber  
 Eggplant  
 Fennel  
 Globe Artichoke  
 Mushroom all  
 Onion Red  
 Onion Brown&white  
 Parsnip  
 Peas  
 Potato  
 Pumpkin  
 Radish  
 Swede  
 Sweet Potato  
 Tomato  
 Turnip  
 Zucchini

MEATS

Bacon  
 Beef  
*Chicken*  
 Duck  
 Goat  
 Ham  
 Kangaroo  
 Lamb  
 Pork  
 Turkey  
 Venison

OFFAL

Blood sausage  
 Heart Beef  
 Liver Lamb  
 Liver Beef  
 Kidney Beef  
 Tripe

MEATS Alternative

Natures Kit. Meat Free Sausages  
 Naturli Plant based mince  
 Vege Delights Bacon Style Rashers

SEEDS

Chia  
 Linseed/flaxseed  
 Poppy  
 Pumpkin/Pepitas  
 Sesame  
 Sunflower

FRUIT

Apples  
 Apricot  
*Banana*  
 Cherries  
 Custard apple  
 Dragon Fruit  
 Dates  
 Fig  
 Grapefruit  
 Grapes  
 Honeydew Melon  
 Kiwifruit  
 Lemon  
 Limes  
 Lychee  
 Mandarin  
 Mango  
 Nectarine  
 Oranges  
 Passionfruit  
 Peaches  
 Pawpaw  
 Pears  
 Pineapple  
*Plums*  
 Pomegranate  
 Prunes  
 Raisins / Sultanas  
 Rockmelon  
 Watermelon

OILS / FATS

Avocado Oil  
 Coconut Oil  
 Ghee  
 Grape Seed Oil  
 Lard (All)  
 Olive Oil  
 Rice Bran Oil  
 Sesame Oil  
 Sunflower Oil

SEAFOOD

Anchovies  
 Calamari  
 Fish ( white)  
 Mackerel Wild Caught  
 Mackerel herring  
 Salmon (All)  
 Tuna  
 Sardine (All)  
 Octopus  
 Oysters/Mussels  
*Shellfish (All other)*

BERRIES Fresh/ Frozen

Blackberry  
 Blueberry  
 Raspberry  
*Strawberry*

SPROUTS

Alfalfa  
 Broccoli  
 Mung Beans  
 Snow pea

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  
*WineWhite/champagn*

DAIRY Products

Butter  
*Cream (All inc sour)*  
*Cheese Cows (All)*  
 Cheese Fetta (goat)  
 Cheese Sheep  
 Margarine (All)  
 Milk A2  
*Milk Full Cream*  
*Milk Skim*  
 Milk Carnation  
 Milk Camel  
 Milk Goats  
 Mayo Organic (all)  
*Yoghurt Greek/plain*  
 Yoghurt Sheep  
 Yoghurt Goat

LACTOSE FREE Products

Butter Coconut  
 ButterAlmond  
*Biocheese Vegan*  
 LF Cheese Liddells  
 LF Cream Liddells  
*LF Milk Liddells*  
 LF Milk Zymil  
 LF Yoghurt  
 Pana Ice cream vanilla  
 Soy Mayonnaise  
 Vegenaise  
 Tempeh  
 Tofu  
 Vegan Aioli  
 Yoghurt Coconut (All)

MILK Alternative

Almond milk  
 Coconut milk  
 Oat milk  
 Rice milk  
 Soy milk

EGGS

Duck eggs  
*Eggs*  
 Eggs(Organic)  
 No Egg Orgran

FERMENTED

Kefir(All)  
 Kimchi (All)  
 Kombucha (All)  
 Sauerkraut(All)

SOFT DRINKS

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

BEVERAGES

Caro  
 Coffee (All)  
 Coffee Decaf  
 Ecco  
 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  
 Sage

SPICE-CONDIMENT

Bay Leaf  
 Bi Carb  
 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)  
 Heinz Baked Beans Tom  
 SPC Baked BeansTom  
 Chipotle Beerenberg ranch  
 Fish sauce(All)  
 Horseradish  
 Oyster sauce (All)  
 Soy sauce (All)  
 Soy Tamari sauce (All)  
 Soy Coconut amino non  
 Sweet Chilli sauce (All)  
 Tomato sauce (All)  
 Tomato Paste (All)  
 Worcester sauce

DRIED VEGETABLES

Chick Peas (All)  
 Coconut  
 Lentils (All)  
 Split Peas

STOCK/GRAVY

Beef stock Aus Own org  
 Beef Stock (Massel)  
 Beef Stock Campbells  
 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  
 Monk fruit natural sweetener  
 Sugar Brown  
 Sugar Raw  
*Sugar White*  
 Sugar Coconut  
 Sugar Palm  
 Syrup Agave  
 Syrup Coconut  
 Syrup Golden  
 Syrup Maple  
 Syrup Rice malt (All)  
 Xylitol

**RICE**

*Rice Brown*  
Rice Black  
*Red Rice*  
Rice White

**NOODLES**

Rice noodles  
*Wheat noodles*

**PASTA/PASTRY**

Orgran Rice & Vege Pasta  
Orgran Rice-Corn Pasta  
Konjac rice,pasta. (all)  
GF Pasta Barilla  
GF Pasta San Remo  
*Pasta (Durum wheat)*  
Buckwheat San Remo  
Lasagne Sheets Macro Org  
Puff pastry  
San Remo Pulse Pasta

**CRACKER/CRISPBREAD**

Carmens Pepita Pop. Crackers  
Mary's Gone crackers GF  
Olina's Seeded Crackers  
Sao  
Rice crackers (All)  
Ryvita rye crackers  
Seaweed crackers  
Vita Weat original

**SPREAD/PASTE**

St Dalfours GF jam  
*Vegemite/ Ozemite*  
Coco Hazlenut Pure Harvest  
Dijon Mustard (All)  
Hommus  
Tahini Unhulled (All)  
Vege spread Freedom foods

**BREAKFAST CEREALS**

Abundant Earth Corn Puff  
BLEND 11: GF Bircher Muesli  
Carmens Muesli  
Carmens/Jordans Granola (All)  
Cornflakes (All)  
Just Right  
Lowan Rice Porridge  
Millet Puffs  
Oat Bran  
*Oats GF*  
Polenta  
Rolled Oats  
Special K  
Special K GF  
VitaBrits  
WeetBix  
Weet-Bix GF

**BREADS Supermarket**

*White*  
*Wholemeal*

**GRAIN BREAD**

*AG Vital bread*  
Macro Ancient grains sprouted  
*Multigrain bread*

**SPELT BREAD**

Alpine Spelt & Sprouted  
Ancient Grain Tigris  
Bakers Delight Spelt  
*Bodhis DinklebrotW*  
Healthybake WM Spelt & sourdo.  
Kamut bread  
*Naturis organic spelt*

**RYE BREAD**

*Bodhis Wupper*  
Burgen Rye bread  
Helgas Light Rye  
Abbott's Rye  
Pumpnickel 100% Rye

**SOURDOUGH BREAD**

Alpine Spelt & Barley  
Bills Org Spelt SD  
Brasserie Sourdough  
Healthybake FH Rye  
Zeally Bay Sourdough

**SPROUTED BREAD**

*Bodhis Sprouted mixed grain*  
Pure Life Sprouted Spelt  
ESSENE sprouted bread  
Pure Life Bio.D.ezekiel 4:9

**GLUTEN FREE BREAD**

Abbots Mixed Seeds GF  
Bodhis GF Multi Grain  
Bodhis GF Yeast free  
Bodhis Lupin loaf  
*Burgen GF Soy Lin*  
Burgen GF sunflower chia  
Burgen GF White  
Country Life Yeast GF  
Helgas GF bread  
Naturis GF rice loaf  
Precinct GF Quinoa & Soy  
Precinct GF Market Loaf  
*Precinct GF Fruit Loaf*  
Pure life GF 5 seeds  
Strange Grains GF

**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  
Sourdough Pizza Bases

**BARS**

Carman's Muesli fruit free bar  
Carman's Dark Cranberry  
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 Plain & SR  
Flour Potato  
Flour Quinoa  
Flour Rye  
Flour Sorghum  
Flour Spelt  
Flour Wheat Plain& SR

**CRISPS**

Macro org Corn chips  
Macro Root Vege chips

**CHOCOLATE / SWEETENERS**

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  
 Almond Meal  
 Betonite clay  
 Bone broth (All)  
 Beef Gelatin/collagen  
 Barley Grain  
 Bean Adzuki  
 Beans Black  
 Bean Borlotti  
 Bean Broad  
 Bean Cannellini  
 Beans Edamame  
*Bean Kidney*  
 Bean Lima  
 Blackstrap Molasses  
 Braggs All purpose seasoning  
 Burghal  
 Coconut MCT Oil  
 Camu Camu  
 Cous Cous  
 Cranberries Dried  
 Dulse (All)  
*Falafeh*  
 Flaxseed meal/oil  
 Guar Gum  
 Goji Berries  
 Hemp seed  
 Hemp seed oil  
 Hemp Protein powder  
 Maca Powder  
 Millet Grain  
 Nori  
 Nutrition Yeast(All)  
 Quinoa Grain  
 Wakame Flakes  
 Xanthum gum

COMMON SUPPLEMENTS

Aloe Vera  
 Ammodine  
 Barley Green  
 Chlorella  
 Fish oil Capsules  
 Fish oil (practitioner)  
 Lugol  
 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 Crm  
 A bit hippy sham/cond  
 Abode dishwashing liquid  
 Abode floor cleaner  
 Abode Laund liquid  
 Abode surface spray  
 Carrot Sun Papaya oil  
 Cleopatras Bath Milk  
*Earth choice Dish Liquid*  
 Earth choice Fabric Softener  
 Earth choice Floor-surface  
 Earth choice Laundry liquid  
 Earth choice Multi Purpose  
 Earth choice Wool Mix  
 Ecosense Laundry liquid  
 Ecostore Laundry powder  
 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  
 Moogoo deodorant  
 Nat Instinct Body wash  
 Neem soap  
 Org Care 3 in 1  
 Shampoo (Alchemy)  
 Soapnuts  
 Sukin hand wash - original  
 Thank-you Hand Wash  
 Tea tree oil  
 Weleda lip balm

OINTMENTS

Sorbolene  
 PawPaw Lucas

BATH CHEMICALS

Lux Body Wash  
 Palmolive Shower Milk  
 Shampoo Baby (Johnsons)  
 Shampoo 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

KITCHEN Products

Ajax Spray & Wipe  
*Exit Mould*  
*Insect Spray (All)*  
 Jif  
*Morning Fresh*  
*Palmolive Dish Liquid*  
 Pine-O-Cleen

DEODORANTS

Natural Crystal Stick  
 Dove  
*Rexona Sport*  
 Sukin Natural Deodorant  
 Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day  
 Cancer Council  
 Moo Goo Sunscreen  
 Soleo Sun screen  
 UV Triplegard  
 Wotnot SPF

TOOTHPASTE

Colgate (all types)  
 Gem  
 Grants Herbal  
 Hb herbal  
 Jack and Jill  
*McLeans (all types)*  
 Red Seal  
 Sensodyne  
 Silicea silica  
 Steradent  
 Thieves  
 Vicco Herbal

HAIR/FIBRES

Bamboo  
 Cotton  
 Linen  
*Mixed Feathers*  
 Nylon  
 Polyester  
 Silk  
 Wool

METALS

Aluminium  
*Copper*  
 Gold  
 Lead  
 Mercury  
 Silver

PETRO CHEMICALS

*Cigarette Smoke*  
 Diesel  
 Engine oil  
 Kerosene  
 Methylated Spirits  
*Petrol*



# 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: 6/11/2025

### 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: \_\_\_\_\_