



Bio-Compatibility Testing

Find out which foods are making you sick!

Many people today suffer from allergies. **Allergies** can be the result of eating bio-incompatible foods over a period of time. Allergic reactions are accumulative and a visible reaction may not take place for up to four days, or more. Often people crave the very foods they are allergic to.

Contact with an allergen increases inflammatory mediators in the blood, which then inflames tissue in any part of the body. In the joints it can cause or aggravate arthritic pains. In the respiratory tract it can cause or aggravate sinus, asthma, and excess mucous. In the nervous system it can cause or aggravate headache, migraine, depression, tiredness and add to A.D.H.D. In the skin it can cause or aggravate rashes, eczema, psoriasis and hives.

It is very important that you have as many items as possible checked. We test 300 items. You then remove the harmful items and build your diet from the remaining safe foods. Eating the wrong foods can aggravate most health problems. Other factors can also play a part in disease. These factors can be better assessed once you have corrected your diet.

We test 300 foods and household items:

For just \$180.00 AUD

These items are taken straight from the local supermarket. The list has been put together to provide a good cross-section of all the different food groups and household products. We have chosen the most widely used brands. The client should not use or eat other brands or products that have not been tested.

We test each food item as it is eaten. For example, there are 8 different varieties of tomatoes at the local supermarket. Tomatoes are eaten both raw and cooked, so the test vial is prepared from raw and cooked tomatoes. The tomatoes are not washed so they contain all the sprays, dusts, etc. Therefore, our test includes everything that is ingested when normally eating tomatoes.

Other testing systems

Most other testing systems only test for proteins in a food. Continuing the tomato example, other testing systems will test only the proteins of the tomato. Blood tests will reveal the level of antibodies for tomato proteins. So you can see how more comprehensive our testing is. You may have had other testing done, but you are still unwell. Our test is part of a whole treatment protocol, not just avoiding a few identified allergy foods.

We give you a list of food you CAN eat!

It is more important for the client to know what he/she CAN eat, rather than what he/she CANNOT eat. Our system fits the diet to the individual. This is very important as it bypasses all information on dietetics, which usually gives a list for general use, not individual use.



Our practitioners work with you to get the best result:

As a patient, you must report to your practitioner after 4 weeks. OUR patients get well, by modifying their diets only. We do not sell them hundreds of dollars worth of tablets and medications that usually end up going down the toilet. By feeding the body correctly, the immune system can repair what is wrong. Some symptoms may correct before others. A person suffering from a rash could have a number of things go wrong in their body before the rash appears. This is what is called a bio-chemical pathway. Once the body is fed correctly, the immune system will correct wherever this pathway is damaged. Some people report their rashes clearing in a few days; others can take up to 6 weeks. The most important thing is that they follow the instruction sheet very carefully.

Our Success

WE have a very high success rate with our treatment protocol. Clinical trials show around 80% clear up rate with people who follow our instructions.

The Cost

At only \$180, our cost effective Allergy Test will give you a complete lists of foods causing your allergy symptoms, and a list of food you can eat to build a safe and healthy diet. Our process is very simple, and we only require a hair sample to do the test. There are no needles or pain involved with the process.



What is allergy relief?

'**Allergy**' means an abnormal, excessive reaction of the body's defence systems to a substance absorbed from the environment. Allergy now affects 65—70 per cent of the population and is on the increase; the number of people going to their GPs for treatment for asthma and hay fever doubled in the 1990s. Asthma is responsible for up to 2000 deaths a year, and one in seven primary school children carry an inhaler.

The biochemistry of an **allergic reaction** is very complicated, but the end result of each reaction is the release of excess inflammatory mediators. These inflammatory mediators, such as histamine, leukotrienes and bradykinins, are released into the blood and can cause inflammation anywhere in the body. Once tissue and nerve endings are inflamed, many other substances can cause a secondary irritation. These secondary reactions, we classify as intolerances.

Over the last twenty years or more there have been huge changes in food technology. The advent of genetic modification, the addition of an ever-increasing number of chemical additives, irradiation, processing, and soil depletion, has modified foods so much that they have lost a lot of their original therapeutic benefits. These changes combined with the mountain of nutritional information that is in circulation today, virtually makes it impossible to determine exactly which foods are best suited to the individual.

As a Naturopath, the main area of concern for me as a practitioner is that: Once a client stops taking their medication and supplements, they would rebound and their symptoms slowly return. This situation requires more than just a correct diagnosis, prescription of supplements, and dietetic advice.

The best way to be sure of removing all the allergies is to give the client a list of foods that they can eat.

The main areas covered in testing are allergy, false allergy and chemical sensitivity. Collectively this is Bio-Compatibility. This collective approach means that not only foods needed to be tested but also bathroom, kitchen and laundry products as well.



Our Approach to Allergy Testing

Many people today suffer from “ALLERGY”. Inflammatory response to an allergy can accumulate and symptoms may not be obvious for up to four days. Often people crave the very foods they have an allergy to.

Eating Bio-Incompatible foods can affect the immune system, which can then lead to allergy type reactions.

Contact with allergens increases inflammatory mediators in the blood. These allergy-produced mediators can inflame tissue in any part of the body. In the joints it can cause arthritic pains. In the respiratory tract it can cause sinus, asthma, and excess mucous. In the nervous system it can cause headache, migraine, depression, tiredness and add to A.D.H.D. In the skin it can cause rashes, eczema, psoriasis and hives.

It is very important that you have as many items as possible checked, we test **300 items**. You then remove the harmful items and build your diet from the remaining safe foods and use the household products listed. **You receive a comprehensive 9 page report which includes full instructions for our 6 month programme.** With over seventeen years of specializing in allergy, we have found that eating the wrong foods can aggravate most health problems

Our difference to Allergy Testing

We find foods that you can eat!

Bio-Compatibility testing is all about fitting the foods and products to the individual. Someone once said that one man’s food is another man’s poison. Our foods today are so altered by soil degradation, fertiliser, irradiation, genetic modification and importation. But given all of this the question still remains, “Is this food in it’s present form any good for my body”.

There are many eating plans like the blood type diet, which are very good for a lot of people but not others. This is because of the bio-compatibility factor.

The purpose of this programme is to feed your body with the correct nutrition it needs to repair and maintain good health. The most important feature with this programme is

ONLY USE THE REMAINING FOODS AND PRODUCTS ON THE LIST.

This is a 6 month programme.

Stage 1: Test results from hair sample.

Stage 2: Report in after 4 weeks so we can make further adjustments if necessary.

Stage 3: Re test after 6 months before reintroducing corrected foods.

Our aim is to provide you with a list of bio-compatible foods that are right for you. There are a lot of foods we purposely have not included on the list. Some foods are very reactive either in their primary or secondary form and best not eaten so we leave them off the list.



Frequently Asked Questions

Eating Bio-Incompatible foods can lead to ALLERGY.

Allergy reactions lead to the release of inflammatory mediators into the blood. These inflammatory mediators can then accumulate in different parts of the body and cause irritation to nerve endings and tissue. Quite often they will concentrate on existing weak areas.

Q. Can allergies affect PMT?

If the glands that produce hormones are affected by the inflammatory mediators. The result can be hormone imbalance. Feeding your body correctly will result in better digestion and absorption of the nutrients that your body will need to repair.

Q. Can allergies lead to FLATULENCE?

If the inflammation is in the stomach it can affect the secretion of digestive juices. Without the correct mix of digestive enzymes the food cannot break down properly and the various nutritional components are not released for the body to use. This undigested food then moves down into bowel where the body can have problems eliminating it. More practical hints are listed in our 9 page report.

Flatulence is a normal body process. It is produced by the body to help the food move through the digestive tract. Undigested food can ferment and release a lot of gas. This excess gas is not required by the body's normal processes and is eliminated quickly. This gas usually has a strong odour.

Q. How can allergies lead to CANDIDA?

If the inflammation is in the stomach it can affect the secretion of digestive juices. Without the correct mix of digestive enzymes the food cannot break down properly and the various nutritional components are not released for the body to use. This faulty process can result in an over acid situation which can cause an imbalance in the naturally occurring healthy bacteria that lines the wall of the digestive tract. More practical hints are listed in our 9 page report.

Q. What else can I do to help ARTHRITIS?

There are many different types of arthritis. The thing that all forms of this disease have is that they are all accompanied by pain and inflammation. Pain and inflammation can result from or be aggravated by Allergy.

Q. What else can I do to help Digestive Problems?

If the inflammation is in the stomach it can affect the secretion of digestive juices. Without the correct mix of digestive enzymes the food cannot break down properly and the various nutritional components are not released for the body to use. More practical hints are listed in our 9 page report.



Q. What else can I do to help Constipation/Diarrhoea?

If the inflammation is in the stomach it can affect the secretion of digestive juices. Without the correct mix of digestive enzymes the food cannot break down properly and the various nutritional components are not released for the body to use. This undigested food then moves down into bowel where the body can have problems eliminating it. More practical hints are listed in our 9 page report.

Q. What else can I do to help ASTHMA?

If the inflammation is in the lung area it is referred to as ASTHMA.

Production of mucous is a normal immune response to inflammation of the mucous membrane. Inflammatory mediators released by allergic reactions often centre in the mucous membrane that lines the respiratory tract. Once the membrane and the nerve endings are inflamed the body will create mucous to cover the inflammation to act as a protective coating. The build up of mucous and the swelling of the tissue from the allergy can reduce the diameter of the airway and restrict oxygen uptake.

In all respiratory problems I recommend avoiding the mucous forming foods or the first 6 weeks on the programme. The main mucous forming foods are all listed in our 9 page report. Other foods containing components that have a direct affect on the nervous system can trigger excess mucous production as well.

Q. What else can I do to help FATIGUE?

There is a big difference between tiredness and chronic fatigue. In a lot of cases chronic fatigue follows some viral infection. Post Viral Chronic Fatigue is usually severe and can carry on for many years. These opportunistic viruses can remain in the blood for a long time and will generally make a person tired, headachy, depressed and sore joints and muscles. The virus infection will need to be treated as well. Your Naturopath can recommend the correct therapy to support the immune system to help get rid of the virus. Following this programme will take a lot of the load off the immune system. In some cases I have seen people completely recover on the programme. General Tiredness can be caused by nutritional deficiencies and /or some hormonal imbalances. **FIRST STAGE IS ALWAYS GETTING THE DIET RIGHT.** A lot of nutritional deficiencies will correct after about 2 months on this programme.

Q. What else can I do to help HEADACHES?

If the inflammation is in the head area it is referred to as headache or migraine.

There are definite connections between incompatible foods and headaches / migraines. There are many other causes of headaches as well. I have had people completely recover from this dreadful condition, simply by avoiding Bio Incompatible foods. Others have been caused by some toxic reflex from a constipated bowel. Headaches often reflect problems in other areas of the body. If this problem persists after 4 weeks on this programme, you should consult your Naturopath / Chiropractor / Health Practitioner for further help.



Q. What else can I do to help IBS?

If the inflammation is in the bowel area it is referred to as IRRITABLE BOWEL.

A "syndrome" generally means a non specific disease which can not be diagnosed or related to some other specific disease state. I prefer to consider this problem as simply a "rash on the inside".

Inflammatory mediators released by allergic reactions can cause many of these "rashes".

Acid foods and rough foods such as wheat bran, corn, peas and nuts can aggravate the symptoms.

Yeast will always aggravate an irritable bowel. When bread is eaten the yeast heats up and releases a lot of gas, which can irritate the already inflamed nerve endings. The other inflammatory component in bread is gluten. Toasting bread helps kill gluten and yeast. The bread I recommend to eat with all digestive/bowel problems is a sour-dough rye bread that has been toasted.

Q. What else can I do to help MUCOUS excess?

Once the membrane and the nerve endings are inflamed the body will create mucous to cover the inflammation to act as a protective coating. These parts of the body are normally wet with mucous. This is a normal response of the body. Excess mucous production is what causes discomfort. Once the inflammation goes the production of mucous should normalise.

Q. What else can I do to help RASHES?

If the inflammation is in the skin it is referred to as eczema, dermatitis, psoriasis etc. These various names refer to inflammation in the various parts of the skin.



Olive oil can be used topically to help with dry skin conditions. To help with itching, dissolve 1 tablespoon of bi-carb soda in a cup of warm water and wet the itchy area. Put a cup of bran in an old stocking, soak in warm water and pat the itchy area.

Q. What else can I do to help SINUS?

If the inflammation is in the front part of the head it is referred to as a SINUS problem. Once there is inflammation in the sinus cavities one can get a secondary irritation from airborne particles. These particles irritate the nerve endings and cause sneezing. This condition is often referred to as hay fever.

Excess mucous is removed by coughing; blowing your nose, or it can drain down the back of your throat, "Post Nasal Drip".

Q. ADHD & ADD?

This is one area where diet makes a huge difference. This programme fits the diet to the individual. Different people can have different triggers but the pathway is still the same.

I also recommend cutting down on stimulants like refined sugars, artificial colourings, coffee and alcohol. Other problem areas such as emotional needs, learned behavioural patterns and parenting skills may have to be addressed by other practitioners. Check with your Naturopath first.