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Wellness Plan - **ORDER FORM**

NOTE: from March 2020 until further notice the procedure for collection has changed.

Please complete the form below and email back to your consultant. Your consultant will post you one of our collection bags and you can then collect your own hair sample and EXPRESS post to:

Hair sample

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



Place hair sample in a small zip lock plastic bag.

Naturopathic Services
PO Box 191
Landsborough Qld 4550

Consultant Email: jo.robertsthomson@gmail.com

Consultant Phone: 0403951833

Personal details (as required on your report)

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

Parents Name if child: _____

Address: _____

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

Phone: _____

Email: _____

Payment details \$287 for 1 Hair Analysis & 6 month Wellness Program

Card Number:

Cardholder Name: _____

Card type MasterCard Visa

Expiry date/..... Signature

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 send you your report within 7-10 days.

Standard List List subject to change

GREEN VEGETABLES

Asparagus
Beans
Bok choy
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
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Corn
Cucumber
Eggplant
Fennel
Globe Artichoke
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Emu
Ham
Kangaroo
Lamb
Pork
Turkey

Venison

SEEDS

Chia
Linseed/flax/oil
Poppy
Pumpkin/Pepitas
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honeydew 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 Oil

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
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

Beer
Bourbon
Brandy
Cider
Gin
Kahlua
Rum
Tia Maria
Vodka
Whiskey
Wine Red
Wine White/champagne

DAIRY Products

Butter
Cream (All types)
Cheese Cows (All)
Cheese Fetta (goat)
Cheese Sheep
Margarine (All)
Milk A2
Milk Full Cream
Milk Skim
Milk Carnation
Milk Goats
Mayo (All)
Mayo Organic
Yoghurt Cows Greek/plain
Yoghurt Sheep

LACTOSE FREE Products

Butter Coconut
Butter Almond
Biocheese Vegan
LF Cheese Liddells
LF Cream Liddells

LF Milk Liddells
LF Milk Zymil
Soy Mayonnaise
Vegenaise
Tempeh
Tofu
Yoghurt Coconut (All)
MILK Alternative
Almond milk
Almond Activ Pure Harvest
Coconut milk
Oat milk
Rice milk
Soy milk
EGGS
Duck eggs
Eggs
Eggs(Organic)
Orgran No Egg
Quail eggs

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)
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

SPICE-CONDIMENT
Bay Leaf
Bi Carb Soda

Baking Powder
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)
Fish sauce (All)
Horseradish
Macro Organic Passata
Oyster sauce (All)
Soy sauce (All)
Soy Tamari sauce (All)
Soy Coconut amino non
Sweet Chilli sauce (All)
Tomato sauce (All)
Tomato Paste (All)
Tom sauce Orgran
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
Sugar Brown
Sugar Raw
Sugar White
Sugar Coconut
Sugar Palm
Syrup Agave
Syrup Coconut
Syrup Golden
Syrup Maple
Syrup Rice malt (All)
Xylitol

RICE
Orgran Rice Pasta
Orgran Rice-Corn Pasta
Rice Brown (All)
Rice White (All)
Rice noodles

PASTA/PASTRY
GF Pasta Barilla
GF Pasta Coles
GF Pasta San Remo
Pasta (Durum wheat)
Buckwheat Spirals Orgran
Buckwheat San Remo
Lasagne Sheets Macro Org
Puff pastry
Wheat Noodles

CRACKER/CRISPBREAD
Mary's Gone crackers GF
Orgran Buckwheat Crisp brd
Orgran Multi Crisp brd
Sao
Rice crackers
Seaweed crackers
Vita Weat original

SPREAD/PASTE
St Dalfours GF jam
Vegemite/ Ozemite

SPREADS continued
ABC spread Melrose
Coco Hazlenut Pure Harv
Hommus
Tahini Unhulled (All)
Vege spread Freedom

BREAKFAST CEREALS
Cornflakes (All)
Goodness Cereals (All)
Just Right
Oat Bran
Rolled Oats
Vita Brits
Weet Bix
Special K
AB Buckwheat & quinoa
Abundant Earth Corn Puff
Carmens Muesli

Crunchola Apple & Blue
Free & Low Muesli
Lowan Rice Porridge
Millet Puffs
Polenta
Oats GF
Weet-Bix GF

BREADS Supermarket
White
Wholemeal

GRAIN BREAD

AG Vital bread
Burgen Soy-Lin
Goanna Bakery Rice&Arame
Multigrain bread

SPELT BREAD

Alpine Spelt & Sprout grain
Ancient Grain Tigris Spelt
Bakers Delight Spelt bread
Bodis Dinkle. wholegrain
Healthybake WM Spelt
Kamut bread
Naturis organic spelt
Paulos Spelt Loaf
Sprouted Spelt Dinkel.

RYE BREAD

Burgen Rye bread
Helgas Light Rye
King Henry Rye
Pumpnickel

SOURDOUGH BREAD

Alpine Spelt & Barley
Bill's Org 100% Spelt SD
Brasserie Sourdough
Brasserie Quinoa/Soy
Healthybake FH Rye
New Norcia Spelt
Strange Grains Buckwheat
Zeally Bay Sourdough

SPROUTED BREAD

Bohdis mixed grain
Pure Life Sprouted Spelt
ESSENE sprouted bread
Pure Life Bio.D. Ezekiel 4:9

GLUTEN FREE BREAD

Abbots Mixed Seeds GF
Bohdis GF Chia Linseed
Bohdis GF Multi Grain
Bohdis GF Yeast free
Bohdis Lupin loaf
Burgen GF Soy Lin
Burgen GF sunflower & chia
Burgen GF White
Country Life gluten & dairy Free
Country Life Yeast gluten free
Helgas GF bread
Moores GF.yeast free
Naturis GF rice loaf
Precinct GF Quinoa & Soy
Strange Grns GF Sorg.Buckw.

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 wraps
Spelt wraps

BARS

Carman's Muesli bar
Carmens Dark Choc blueberry
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 SR
Flour GF Plain
Flour Potato
Flour Quinoa
Flour Rye
Flour Sorghum
Flour Spelt
Flour Wheat Plain & SR

CRISPS

Macro org Corn chips
Macro Root Vege chips
Vege Chips LENTILS

GLUTEN FREE

Orgnan Custard powder

CHOCOLATE / SWEETENERS

Cacao Butter
Cacao raw powder
Carob
Chocolate (Lindt)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haigs SA)
Chocolate (Nestle)
Chocolate (Sweet William)
Frey Dark Choc
Green & BlackOrgDarkChoc
Liquorice
Loving Earth Choc
Loving Earth Dk Org Choc
Pana Chocolate

HEALTH SHOP Products

Acai powder
Bentonite clay
Black seed (nigella)
Bone broth (All)

Beef Gelatin/collagen
Barley Grain
Bean Adzuki
Bean Borlotti
Bean Broad
Bean Cannellini
Bean Kidney
Bean Lima
Blackstrap Molassas
Briggs All purpose seasoning
Coconut MCT Oil
Camu Camu
Cous Cous
Cranberries Dried
Diatomaceous Earth FG
Dulse (All)
Falafel

HEALTH SHOP Products cont.

Goji Berries
Hazelnut Meal
Hemp seed
Hemp seed oil
Hemp Protein powder
Flaxseed meal
Maca Powder
Millet Grain
Nori
Nutrition Yeast(All)
Quinoa Grain
Wakame Flakes

COMMON SUPPLEMENTS

Aloe Vera
Barley Green
Chlorella
Fish oil Capsules
Inner health Plus
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 Cream
A bit hippy sham/cond
Abode bathroom cleaner
Abode dishwashing liquid
Abode floor cleaner
Abode Laundry liquid
Abode laundry powder
Abode surface spray
Abode toilet gel
Abode wool and delicate liquid
Bodytalk Cleanser envirocare
Carrot Sun Papaya oil
Cleopatra Bath Milk

Dr Bronners shav gel
Earth choice Dish Liquid
Earth choice Fabric Softener
Earth choice Floor-surface
Earth choice Laundry liquid
Earth choice Multi Purpose spray
Earth choice Wool Mix
Ecosense Laundry liquid
Ecostore Laundry powder

NATURAL HOME products cont.

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
Moo Goo Deodorant
Moo Goo Sunscreen
Nat Instinct Body wash
Neem soap
Org Care Conditioner
Org Care Shampoo
Org Care 3 in 1
Shampoo (Alchemy)
Soapnuts
Soleo Sun screen
Tea tree oil
Wotnot Baby SPF 30
Wotnot SPF 30+

BATH CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
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 M.Gardner

KITCHEN Products

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

DEODORANTS

Body Choice Natural
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day
UV Triplegard
Coles every day
Cancer Council

TOOTHPASTE

Colgate (all types)
McLeans (all types)
Sensodyne
Steradent
Activated Charcoal
Grants Herbal
Jack and Jill
Red Seal
Silicea silica
Thieves
Vicco Herbal

HAIR/FIBRES

Bamboo
Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Gold
Mercury
Silver

OINTMENTS

Calendula (M&P)
Comfrey (M&P)
Sorbolene

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol

MISCELLENEOUS

Special K Gluten Free
Heinz Baked Beans Tom Sauce
SPC Baked Beans Tom Sauce
Lugol
SFM Xcell
Ammodine
Anchovies
Octopus
Sage
Black Beans
Broccoli Sprouts
Carmens Pepita Poppy Crackers
Edamame beans
Natures Kit. Meat Free Sausages
Naturli Plant based mince
Olina's Seeded Crackers
Pana Ice cream vanilla
San Remo Pulse Pasta Red Lentils
Vege Delights Bacon Style Rashers

Hair Analysis & Wellness Programme

The 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?

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, 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 600 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 test your compatibility with 600 local foods and products. We use these test results to develop

your personal Wellness Programme.

You receive a very comprehensive 17 page report which includes full instructions for the 6 month period your Practitioner uses as part of your 6-month care.

The Report includes

Test results for 600 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