

Here’s how a simple hair analysis test can change your life...

The hair analysis test and wellness programme are the result of more than 30 years of research and development by an experienced natural health practitioner.

Behind the test lies the principle that ‘dis-ease’ (suffering) in your body is aggravated by certain foods and/or products interfering with your immune system and preventing it from working properly.

Find out what you CAN eat/use

The test results highlight which foods and products are RIGHT for YOUR body AND which are NOT.

Feeding your body correctly frees up your immune system to deal with any other issues more effectively. This means that by following the programme, your immune system gets to deal with each issue in a way that works best for your body.

You'll see a lasting change because the programme is working at the very root of the issue – NOT just masking your symptoms.

How does the test work?

The test uses modern, electronic equipment to measure your body’s compatibility against our standard list of 500 + common LOCAL foods and household products — including all food groups, and bathroom, laundry, and kitchen products.

It is SAFE, painless, and accurate. It involves NO needles or blood samples, just a piece of your hair.

Once it’s done, your practitioner will have the valuable information he/she needs to develop an effective, individual client care protocol for you.

We also have two speciality lists — one for testing babies and another for pets. Talk to your practitioner about these.

Our 500 standard list includes...

GREEN VEGETABLES
Asparagus
Beans
Bokchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Lettuce
Olives
Parsley
Rocket
Shallots
Snow Peas

Kiwifruit
Lemon
Limes
Mandarin
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins/Sultanas
Rockmelon
Watermelon

OTHER VEGETABLES
Avocado
Baked Beans SPC
Beetroot
Broccoli
Capsicum
Carrot
Cauliflower
Choko
Corn
Cucumber
Eggplant
Mushroom all
Onion
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Zucchini

OILS/FATS
Avocado oil
Coconut oil
Grape Seed Oil
Macadamia oil
Olive Oil
Sesame oil

SEAFOOD
Calamari
Fish (white)
Salmon
Shellfish (ALL)
Tuna

BERRIES fresh & frozen
Blackberry
Blueberry
Raspberry

SPROUTS
Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS
Almonds/meal
Brazil
Cashews
Hazel
Macadamia
Pecans

SEEDS
Linseed/oil/meal
Sesame
Sunflower
Chia

ALCOHOL
Beer
Bourbon
Brandy
Gin
Rum
Vodka
Whiskey
Wine – red
Wine – white/
champagne

OTHER DRINKS
Caro
Ecco
Coffee (all)
Cola (all)
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
Milo
Ovaltine
Sprite lemonade
Soda Water
Tonic water
Tea (black)

HERBAL TEAS
Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea

BISCUITS
Arnott Orange
Arnott Delta Cream
Jatz original
Milk Arrowroot
Sakata plain
Sao
Vita Weat original

HERBS dried & fresh
Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary

SAUCES
AYAM Oyster
B.B.Q Eta
B.B.Q. Master Foods
Hoi Sin
Horseradish
Mayo. Praise Traditional
Mayonnaise Kraft
Soy sauce (ALL)
Sweet Chilli Fountain
Tomato HEINZ big red
Tomato paste Leggo's
Tomato paste Select
Tomato Sauce Fountain
Worcester sauce

DRIED VEGETABLES
Chick Peas
Coconut
Dried Beans
Lentils
Split Peas

STOCK
Beef Stock (Magi)
Beef Stock (Massel)
Chicken Stock (Magi)
Chicken Stock(Massel)
Masset Gravy mix
Vegetable Stock (Massel)

SUGARS/ SWEETENERS
Agave
Honey
Manuka Honey
Maple Syrup
Stevia

SUGAR BROWN
SUGAR RAW
SUGAR WHITE
XYLITOL

OTHER MILKS
Almond milk
Coconut milk
Rice Milk (So-Natural)
Rice Milk (Australia's Own)
Rice Milk (Rice Dream)
Soy Milk (So-Good)
Soy Milk (So-Natural)
Bon Soy

FLOUR/GRAINS
Cornflour (wheat free)
Pasta (Durham wheat)
Rice Brown (ALL)
Rice White (ALL)
Rice noodles
White Flour (plain & S.R.)
Wholemeal Flour (ALL)

HERB/SPICE/ CONDIMENT
Baking Powder
Bay Leaf
Bi Carb Soda
Cajun Spices
Chilli
Cinnamon
Cloves
Curry Powder
Dill
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Salt (refined table)

Salt Celtic sea salt
Salt Himalayan
Salt Rock Salt
Thyme
Trocumare Vege Salt
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider
Xanthan gum

SOY PRODUCTS
Tofu
Tempeh

BREAKFAST CEREALS
FREE AND LOW Muesli
Lecithin
LOWAN Rice Porridge
Polenta

DAIRY
Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Fetta Cheese (goat)
Goats Cheese
Goats Milk
Icecream (Peter's Vanilla)
Icecream soy
Margarine (Flora)
Margarine (Nuttalex)
Milk A2
Milk Carnation
Milk Full Cream
Milk Skim
Zymil (lactose free milk)

Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Liquorice

GLUTEN FREE
BASCO bread mix
BASCO Chocolate
Cake
BASCO Pancake mix
Coles GF Spaghetti
Fantastic Chicken
Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
Go Natural Fruit & Nut bar
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice
Pasta
ORGRAN Rice-Corn Pasta
SAN REMO GF Pasta
MOORE'S GF/yeast free bread
Country Life yeast/ gluten/wheat free

SUPERMARKET CEREALS
Cornflakes
Crunchy Nut
Just Right
Oat Bran
Oat Brits
Rice Bran
Rice Bubbles
Rolled Oats
Special K
Sultana Bran
Vita Brits
Weet Bix

LAUNDRY PRODUCTS

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener
Cuddly
Lux Flakes (laundry)
Nappisan
Omo
Preen
Radiant
Sard Wonder Soaker
Wool Mix M.Gardner

CHOCOLATE/ SWEETS
Cocoa (Cadbury)
Chocolate (Lindt)
Chocolate (Nestle)

EARTH CHOICE PRODUCTS
Laundry liquid
Multi Purpose spray
Wool Mix
Dish Liquid
Floor-surface

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

SUNSCREEN
Sunscreen Banana Boat
Sunscreen UV
Tripplegard
Coles sensitive 30+
Oleo Sunscreen

BATHROOM CHEMICALS
Lux Body Wash
Palmolive Shower
Shampoo Head & Shoulders
Shampoo Pantene
Shampoo (Alchemy)
Shampoo Wella
Balsam
Shaving Foam
Gillette
Shaving Gel Nivea
Soap Pears
Soap Dove
Talcum Powder

KITCHEN/ Cleaning Products
Ajax Spray & Wipe
Domestos
Exit Mould
Insect Spray
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Cleen
Shower Power
Sunlight Dish Liquid

TOOTHPASTE
Colgate (all types)
Grants Herbal
McLeans (all types)
RED SEAL Herbal
Sensodyne
Steradent
VICCO Herbal

HAIR/FIBRES
Cotton
Mixed Feathers
Polyester
Wool

COMMON SUPPLEMENTS
Ammodine
Aloe Vera
Chlorella
Fish oil Capsules
Inner Health Plus
Lugol
Nordic Fish Oils
Psyllium
Rose Hip Oil
Slippery Elm
Powder
Spirulina
Barley Green
Wheat grass
Herbal Fibre blend
ISOwhey Protein Powder

CREAMS AND OINTMENTS
Arnica (Martin & Pleasance)
Calendula (Martin & Pleasance)
Comfrey (Martin & Pleasance)
Chickweed (Greenridge)
Papaw ointment (Lucas)

HEALTH SHOP/ ORGANIC
Barley Grain
Bean Broad
Bean Kidney
Bean Lima
Bean Adzuki
Bean Borlotti
Bean Cannellini
Chickpea Splits
Cous Cous
Cranberries
Dried Coconut water
Flour Amaranth
Flour BESAN
Flour Buckwheat
Flour Coconut
Flour Kamut
Flour Maize
Flour Potato
Flour Rye
Flour Soy
Flour Spelt
Flour Tapioca
Gogi Berries
Hazelnut Meal
Maca Powder
Quinoa Flakes
Rapadura Sugar
Raw Cacao
Red Lentils
Wild Rice
Psyllium
Falafel

PLUS MANY MORE

HAIR ANALYSIS TEST

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 mucous	<input type="checkbox"/> Psoriasis
<input type="checkbox"/> Asthma	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Rashes/itchy skin
<input type="checkbox"/> Bad breath	<input type="checkbox"/> Flatulence	<input type="checkbox"/> Restless legs
<input type="checkbox"/> Bloating	<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
<input type="checkbox"/> Other _____		

Hair sample
Please also provide a hair sample big enough to cover the shaded area:
(Hair colours, perms, and medications DO NOT affect results)

Please post to your practitioner. See below for details.

Practitioner