**ORDER FORM**

**Send enough hair t o cover shaded area**

****

***Send page 1 only***

**Congratulations! You are well on your way to**

**making a REAL difference in your life.**

**Please complete the form below, collect hair sample in a small snap lock sandwich bag and send to:**

**Rachel Bonello Naturopathy**

**769 Reserve Creek Road**

**Reserve Creek, NSW, 2484**

**Email. rachel@rbnaturopathy.com**  **Phone 0421207284**

**Payment details $287 for hair analysis & 6 month wellness program, with complimentary phone consultation to explain results and program. Baby test $299.**

Visa

MasterCard

Card type

Expiry date ….../..…. Signature …………………………

Or, send cheque or money order payable to Rachel Bonello Naturopathy

Or

**Thank you for filling out this form**

**Upon receipt we will process your Hair Analysis and send you your report within 7-14 days.**

Cardholder Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Credit Card Type:

Card Number:

**Personal details (as required on your report)**

Name: Date of Birth….../.…../……….

Parents Name if child:

Address:

Suburb: State: Postcode/Zip: Country:

Phone:

Email:

**Please list your symptoms;**

|  |  |  |  |
| --- | --- | --- | --- |
| [ ] acne / rosacea | [ ] diarrhoea | [ ] gout | [ ] psoriasis  [ ] rashes/itchy skin  [ ] reflux  [ ] restless legs  [ ] sinus/hayfever  [ ] sleep disorders  [ ] thrush |
| [ ] ADD/HD--behavioural | [ ] digestive / nausea | [ ] headache |
| [ ] arthritis | [ ] earache | [ ] hives |
| [ ] asthma | [ ] excess mucous | [ ] irritable bowel |
| [ ] bad breath | [ ] eye infections | [ ] migraine /headache |
| [ ] bloating | [ ] fatigue | [ ] muscle ache & pains |
| [ ] constipation | [ ] flatulence | [ ] PMS |

Other ………………………………………………………………………………………………………….………………….

**GREEN VEGETABLES**

Asparagus

Beans

Bockchoy

Brussell Sprouts

Cabbage

Celery

Choy sum

Leeks

Lettuce

Olives

OKRA

Parsley

Rocket

Shallots

Snow Peas

Wombok

**OTHER VEGETABLES**

Avocado

B/Beans W.Worths Org

Baked Beans (Heinz)

Baked Beans SPC

Beetroot

Broccoli

Button Squash

Capsicum

Carrot

Cauliflower

Choko

Corn

Cucumber

Eggplant

Fennel

Gherkins (bottle)

Mushroom all

Onion

Parsnip

Peas

Potato

Pumpkin

Silverbeet/Spinach

Swede

Sweet Potato

Tomato

Turnip

Zucchini

**MEATS**

Bacon

Beef

Chicken

Duck

Ham

Kangaroo

Lamb

Pork

Turkey

**SEEDS**

Linseed/oil/meal

Pumpkin

Sesame

Sunflower

Chia

**FRUIT**

Apples

Apricot

**500 Standard List**

List subject to change

Banana

Cherries

Dates

Fig

Grapefruit

Grapes

Honey Dew 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 (Crisco)

**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/meal

Brazil

Cashews

Hazel

Macadamia

Pecans

Pine Nuts

Pistachio

Walnut

ALCOHOL

Beer

Bourbon

Brandy

Gin

Kahlua

Rum

Tia Maria

Vodka

Whiskey

Wine Red

Wine White/champagne

**OTHER DRINKS**

Caro

Ecco

Coffee (all)

Cola (all)

Cranberry Juice

Drinking Choc (Cadbury)

Fanta (Orange)

Ginger Ale

Jarra Hot chocolate

L LOYDS Org Prune juice

Milo

Ovaltine

Ribeena

Rooiboos Tea

Sprite-Lemonade

Schweppes 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

Crackers Snaps

Crackers Premium

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)

Bonox

Chicken Stock (Magi)

Chicken Stock (Massel)

Miso

Massel Gravy mix

Vegetable Stock (Massel)

**SUGARS/ Sweeteners**

Agave

Golden Syrup

Honey

Manuka Honey

Maple Syrup

Palm Sugar

Stevia

Sugar Brown

Sugar Raw

Sugar White

Xylitol

**OTHER MILKS**

Coconut milk

Oat 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**

All spice

Baking Powder

Bay Leaf

Bi Carb Soda

Baking Powder

Cajun Spices

Chilli

Cinnamon

Cloves

Cream of Tartar

Cumin

Curry Powder

Dill

Fennel Seeds

Garam Masala

Garlic

Gelatine

Ginger

Guar Gum

Homus

Mixed Spice

Mustard

Nutmeg

Paprika

Pepper (black and white)

Pepper Cayenne

Salt (refined table)

Salt Celtic sea salt

Salt Herbemare Vege Original

Salt Himalayan

Salt Rock Salt

Tabouli

Tarragon

Thyme

Trocomare Vege Salt

Turmeric

Vanilla (pure)

Vinegar (all types)

Vinegar Apple Cider

Xanthan gum

**SOY PRODUCTS**

Tofu

Tempey

SPREADS

Cottees Blackberry Jam

Cottees Marmalade

Nutella

St Dalfours strawberry

St Dalfours wild blueberry

Vegemite

**BREAKFAST CEREALS**

CRUNCHOLA Apple and Blueberry

FREE AND LOW Muesli

GOOD MORNING Millet Puffs

Lecithin

LOWAN Rice Porridge

Polenta

**DAIRY**

Butter

Cows Cheese

Cows Yoghurt

Cream

Eggs

Fetta Cheese (goat)

Goats Cheese

Goats Milk

Icecream (Peter's Vanilla)

**500 Standard List**

**continued**

Icecream soy

Margarine (Flora)

Margarine (Nuttalex)

Milk A2

Milk Carnation

Milk Full Cream

Milk Skim

Sheep Cheese

Sheep Yoghurt

Zymil (lactose free milk)

**Supermarket BREADS**

Corn Thins

Healthy Soft Sorj wrap

Rice Thins

White

Wholemeal

Mountain Rice

King Henry Rye

Pumpernickel 100% Rye

**Health Shop BREADS**

Ancient Grain Tigris Spelt

Ancient Grain Devonport Rye

ESSENE sprouted bread

Organic Kamut (SOL)

Paine DE Campagne (SOL)

Naturis organic spelt

Lifestyle Ancient Grain

Flinders Sourdough bread

**CHOCOLATE / SWEETS**

Cocoa (Cadbury)

Chocolate (Darrell Lea)

Chocolate (Lindt)

Chocolate (Nestle)

Chocolate (Cadbury)

Chocolate (Dove)

Chocolate (Haig)

Chocolate (SWEET WILLIAM)

Liquorice

**GLUTEN FREE**

BASCO bread mix

BASCO chicken & veg soup

BASCO Chocolate Cake

Basco Date loaf

BASCO Pancake mix

Coles GF Spaghetti

Fantastic Chicken Noodles

Fantastic Original crackers

Freedom free frm gluten wraps

Go Natural Fruit & Nut bar

ORGRAN Buckwheat Flour

ORGRAN custard powder

ORGRAN Gravy Mix

ORGRAN No Egg

ORGRAN Rice Pasta

ORGRAN Rice-Corn Pasta

ORGRAN spaghetti Tom Sauce

SAN REMO Glut Free Pasta

MOORE’S GF.yeast free bread

Country Life Yeast gluten wheat free

Common Ground buckwheat sourdough

Naturis GF rice loaf

Supermarket CEREALS

Cornflakes

Crunchy Nut

Goodness Cereals (all)

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

Fabric Softener Fluffy

Lux Flakes (laundry)

Nappisan

Omo

Preen

Radiant

Sard Wonder Soaker

Windex

Wool Mix M.Gardner

**EARTH CHOICE PRODUCTS**

Fabric Softener

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 Milk

Shampoo Baby (Johnsons)

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

**METALS**

Aluminium

Gold

Mercury

Silver

**COMMON SUPPLEMENTS**

Ammodine

Aloe Vera

Chlorella

Fish oil Capsules

Inner Health Plus

Inner Health plus Dairy free

Lugol

Nordic Fish Oils

Psyllium

Rose Hip Oil

Tissue Salts/celloids

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)

Thuja (Martin & Pleasance) Sorbolene

**PETRO CHEMICALS**

Diesel

Kerosene

Methylated Spirits

Petrol

Engine oil

Cigarette Smoke

**CHEMIST PRODUCTS**

Aspro

Nurofen

Panadine

Paracetamol Heron

Paracetamol Panadol

**HEALTH SHOP/ ORGANIC**

Barley Grain

Bean Broad

Bean Kidney

Bean Lima

Bean Adzuki

Bean Borlotti

Bean Cannellini

Carob

Chickpea Splits

Cous Cous

Cranberries Dried

Coconut water

Flour Amaranth

Flour BESAN

Flour Buckwheat

Flour Coconut

Flour Kamut

Flour Maize

Flour Rye

Flour Soy

Flour Spelt

Flour Tapioca

**500 Standard List**

Continued

Gogi Berries

Hazelnut Meal

Maca Powder

Millet Grain

Moong Dahl

Nori

Butter Chicken OZGANICS

Thai Green Curry OZGANICS

Quinoa Flakes

Rapadura Sugar

Raw Cacao

Red Lentils

Wild Blueberry

Wild Raspberries

Wild Rice

Potato Flour

Psyllium

Tapico Flour

Falafel

raw cacao

**CELLOIDS**

SS69

SP96

S79

PS 29

PP85

PC73

MP 65

IP82

CS 36

CP 57

CF43

Tissue Salts Option

**Bio-Compatibility Hair Analysis  
 Hair Analysis & Wellness Programme**

**The Bio-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?  
  
Bio-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, Bio-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 500 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 then test your compatibility with over 500 local foods and products. We use these test results to develop your *personal Wellness Programme*.  
You receive a very comprehensive 16 page report which includes full instructions for the 6 month period.  
  
**The Report includes**  
Test results for over 500+ 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

**MEAL DIARY**

**NAME | DATE |**

**List all food and drinks consumed. List vegetables and salad food individually.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Snack** | **Lunch** | **Snack** | **Dinner** | **Snack** |
| **Day one** |  |  |  |  |  |  |
| **Day two** |  |  |  |  |  |  |
| **Day three** |  |  |  |  |  |  |
| **Day four** |  |  |  |  |  |  |
| **Day five** |  |  |  |  |  |  |
| **Day six** |  |  |  |  |  |  |
| **Day seven** |  |  |  |  |  |  |

\* List all household products used (brand names included)