**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)