



The Bio-Compatibility System at work

This safe, accurate hair analysis test and programme have yielded dramatic results.

Here is just one of many real life examples of how the Bio-Compatibility System has changed the lives of our clients:

Real life example...

Bianca Baker was at her wits end when she decided to give the Bio-Compatibility System a go.

Her son, Kingston, was four weeks old when she stopped breastfeeding him, and, shortly after, his behaviour changed dramatically.

Although he slept through the nights, he cried inconsolably all day.

"I was getting depressed," said Bianca. "And you get to the point where you don't enjoy being a mum. It was so taxing."

Bianca admits that she was sceptical about hair analysis at first, but the results made sense and following the programme has made all the difference in Kingston and his family's lives.

The results showed Kingston was reacting badly to his formula and a dishwashing liquid Bianca was using to wash his bottles. By avoiding these, Kingston was restored to his former happy self.

"If we hadn't done that test, I hate to think where we'd be," said a grateful Bianca.

Have you spent all (or part) of your life suffering?

Whether it's with a persistent headache, sinusitis, or something more severe, such as migraines, asthma, arthritis, irritable bowel syndrome, A.D.H.D. or any of thousands of ailments... **you'll be glad to know there's a tried and tested way to change your life.**

THE BIO-COMPATABILITY SYSTEM COMPRISES:

1. **A revolutionary hair analysis test** that offers an in-depth examination of your current health status.
2. **A restorative programme** that is easily integrated into your existing lifestyle – so it's easy to adopt and stick to.



A programme as unique as you are!

The Bio-Compatibility programme (derived from your test results) is NOT a 'one-size-fits-all' solution, but, instead, it represents your individual requirements and responses.

The results of the test offer an in-depth picture of your individual health status and requirements. As such, it forms a solid foundation upon which your practitioner can develop a personalised client care programme for you.

As a result of its effectiveness in this area, it's become widely regarded as the essential analysis tool for proactive professionals – especially those who want to go beyond treating the symptoms to offering a holistic approach to wellness.

What's the next step?

If you'd like to know more about the test, talk to your health care practitioner.

He/she will explain all you need to know about the test and the programme and what is required.

When you're ready to make a commitment to your health and unlock the simple secrets to a healthier, happier you:

Simply ask your practitioner...

To help you fill in the form and attach a hair sample.

You'll be amazed at how dramatic the change in your life can be.

**Practitioner
Bronte Logan**

**bronte@bronte-may.com
0423 954 916**

DISCLAIMER: This programme is not intended to be construed as medical advice, nor is it intended to lead anyone away from a qualified health practitioner. We make no claims to cure, diagnose, treat or prevent any disease. We cannot take responsibility for those who may want to help themselves outside of our instructions. If you have a medical condition, we urge you to be supervised by a qualified health practitioner of your choice.



You don't have to suffer through life...

Hair Analysis to find foods compatible with your BODY



Use everyday foods as your medicine

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

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

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

MEATS

Bacon
Beef
Chicken
Duck
Ham
Lamb
Pork
Turkey

SEEDS

Linseed/oil/meal
Sesame
Sunflower
Chia

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes

Kiwifruit

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

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
Pine Nuts
Pistachio
Walnut

ALCOHOL

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

OTHER DRINKS

Caro
Coco
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
Trocomare 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)

Supermarket BREADS

Corn Thins
Rice Thins
White
Wholemeal
Mountain Rice

Health Shop BREADS

Ancient Grain Tigris Spelt
ESSENE sprouted bread
Organic Kamut (SOL)
Naturis organic spelt
Lifestyle Ancient Grain
Flinders Sourdough bread

CHOCOLATE/ SWEETS

Cocoa (Cadbury)
Chocolate (Lindt)
Chocolate (Nestle)

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

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
Milk
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)

Acne Digestive Migraine
 ADD/HD Earache PMS
 Arthritis Excess mucous Psoriasis
 Asthma Fatigue Rashes/itchy skin
 Bad breath Flatulence Restless legs
 Bloating Headache Sinus/hayfever
 Constipation Hives Sleep disorders
 Diarrhoea Irritable bowel Thrush
 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

Bronte Logan

bronte@bronte-may.com
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