

GENERAL 300 FOOD TEST

You will receive the following :

- **A detailed 9 page report based on the results of your Hair Sample Test.**
- **A summary of your health concerns.**
- **A detailed report on the 300 common household foods and products clearly outlining your compatibility and non compatibility.**
- **We offer additional health information and suggestions on how to enhance the results you achieve from the program to gain greater success with reducing unpleasant symptoms experienced.**
- **The report includes a detailed 4 week report for ongoing support and dietary analysis.**
- **We offer access to testing of additional foods and products outside the standard test to increase choices to more foods such as gluten free.**
- **The program includes access to a support line to discuss your results and how you can manage and implement your new dietary changes.**
- **The program also includes phone support to a licensed Health Care Professional to assist with healing and advice to address any ongoing health complaints.**
- **You will be updated monthly with tips, recipes and suggestions on how to enhance your healing process so you can “Unlock the secret to feeling and looking great everyday”**

FRUITS

1. Apples
2. Oranges
3. Banana
4. Strawberry
5. Watermelon
6. Mango
7. Lemon
8. Kiwifruit
9. Grapes
10. Peaches
11. Pears
12. Mandarines
13. Pineapple
14. Passionfruit
15. Cherries
16. Plums
17. Pawpaw
18. Apricot
19. Sultanas
20. Raisins
21. Grapefruit
22. Rockmelon
23. Honey Dew Melon
24. Prunes
25. Dates
26. Lychee
27. Nectarines
28. Limes

SEEDS

1. Sesame
2. Sunflower
3. Pumpkin

CONDIMENTS

1. Apple Cider Vinegar
2. Malt Vinegar
3. Salt (refined table)
4. Celtic Salt (sea salt)
5. Rock Salt (McCormick)
6. Herbemare Vege Salt
7. Pepper (black and white)
8. Cayenne Pepper

9. Tomato Sauce (Fountain)
10. Tomato Paste (Leggo's)
11. B.B.Q. Sauce (Eta)
12. Soy sauce
13. Worcester sauce
14. Horseradish sauce
15. Mustard
16. M.S.G.
17. Gravox
18. Vegemite
19. Promite
20. Nutella
21. Beef Stock (Magi)
22. Chicken Stock (Magi)
23. Chicken Stock (Massel)
24. Beef Stock (Massel)
25. Vegetable Stock (Massel)
26. Vanilla (pure)
27. Curry Powder
28. Mint Sauce
29. Ginger
30. Chilli
31. Garlic
32. Mixed Spice
33. Cinnamon
34. Nutmeg

VEGETABLES

1. Potato
2. Tomato
3. Capsicum
4. Eggplant
5. Cabbage
6. Cauliflower
7. Brussell Sprouts
8. Mushroom
9. Broccoli
10. Silverbeet
11. Zucchini
12. Celery
13. Lettuce
14. Rocket
15. Pumpkin
16. Peas
17. Carrot
18. Onion
19. Beetroot
20. Cucumber

21. Turnip
22. Button Squash
23. Snow Peas
24. Mung Beans
25. Beans
26. Asparagus
27. Alfalfa sprouts
28. Sweet Potato
29. Avocado
30. Corn
31. Shallots
32. Parsley
33. Buckchoy
34. Choysum
35. Wombok
36. Leeks
37. Olives

GRAINS / CEREALS

1. White Bread
2. Wholemeal Bread
3. Multigrain Bread
4. Rye Flour
5. White Flour Wholemeal Flour
6. Cornflour
7. Buckwheat Flour
8. Yeast (Bakers)
9. Bi Carb Soda
10. Corn Thins
11. Rice Thins
12. Rice Crackers
13. White Rice
14. Brown Rice
15. Lentils
16. Chick Peas
17. Kidney Beans
18. Split Peas
19. Rolled Oats
20. Oat Bran
21. Coconut Baked Beans (Heinz)
22. Spaghetti (Heinz)
23. Pasta (Durham Wheat)
24. Hokkien Noodles
25. Rice Noodles
26. Cornflakes (Kellogs)
27. Rice Bubbles
28. Coco Pops
29. Sultana Bran
30. Vita Brits
31. Weet Bix
32. Nutrigrain

34. Just Right

HAIR/FIBRES

1. Mixed Feathers
2. Wool
3. Cotton
4. Polyester
5. Linen

OTHERS

1. Panadol
2. Herron
3. Panamax
4. Aspro
5. Nurofen
6. Codral (cold & flu)
7. Methylated Spirits
8. Cigarette Smoke

METALS

1. Mercury
2. Silver
3. Aluminium
4. Gold

SEAFOOD

1. Fish
2. Shellfish
3. Calamari
4. Salmon (tinned)
5. Tuna (tinned)

DRINKS

1. Beer
2. Wine
3. Port
4. Vodka
5. Whiskey
6. Bourbon
7. Rum
8. Gin
9. Brandy
10. Tea
11. Coffee
12. Ovaltine
13. Milo
14. Choc Quik

**BATHROOM
CHEMICALS**

1. Baby Shampoo (Johnsons)
2. Head and Shoulders
3. Pantene
4. Wella Balsam
5. Palmolive Shower Milk
6. Lux Body Wash
7. Mum Deodorant
8. Dove Deodorant
9. Rexona Sport Deodorant
10. Crystal Stick Deodorant
11. Body Choice Natural Deodorant
12. Dove Soap
13. Sunlight Personal Soap
14. Palmolive Gold Soap
15. McLeans (Triple stripe)
16. Colgate (Standard)
17. Sensodyne
18. Gillette Shaving Foam
19. Nivea Shaving Gel
20. UV Tripplegard Sunscreen
21. Banana Boat Sunscreen

DAIRY FOODS

1. Butter
2. Margarine (Flora)
3. Margarine (Soya)
4. Nuttalex Margarine
5. Cream
6. Cows Yoghurt
7. Soy Yoghurt
8. Cows Cheese
9. Goats Cheese
10. Soy Cheese
11. So-Good
12. Vitasoy
13. Aussie Soy
14. So Natural
15. Tofu
16. Goats Milk
17. Rice Milk (Rice Dream)
18. Rice Milk (So-Natural)
19. Carnation Milk
20. Condensed Milk
21. Skim Milk
22. Full Cream Milk
23. Ice Cream (Pauls Vanilla)
24. Eggs
25. Linseed (flax seed oil)

CHEMICALS

1. Fly Spray
2. Aeroguard
3. Newspaper Ink
4. Bleach
5. Sard Wonder Soaker
6. Nappisan
7. Talcum Powder
8. Morning Fresh
9. Palmolive Dish Liquid
10. Dawn Dish Liquid
11. Pine-O-Cleen
12. Domestos
13. Omo
14. Dynamo
15. Bio Zet
16. Cold Power
17. Radiant
18. Cuddly Fabric Softener
19. Softly Fabric Softener

33. Special K

MEATS / FATS

1. Beef
2. Pork
3. Lamb
4. Chicken
5. Bacon
6. Ham
7. Turkey
8. Canola Oil
9. Olive Oil
10. Grape Seed Oil
11. Sunflower (Crisco)

FOOD COLOURINGS

1. Red
2. Blue
3. Green
4. Yellow

SUGARS

1. White Sugar
2. Raw Sugar
3. Brown Sugar
4. Equal
5. Sugarine
6. Splenda
7. Honey
8. Maple Syrup
9. Golden Syrup
10. Carob
11. Chocolate (Darrell Lea)
12. Chocolate (Lindt)
13. Chocolate (Nestle)
14. Chocolate (Cadbury)
15. Chocolate (Dove)
16. Liquorice

15. Cocoa (Cadbury)
16. Ginger Ale
17. Coke
18. Diet Coke
19. Pepsi Max
20. Sprite-Lemonade
21. Fanta (Orange)
22. Dandelion Tea
23. Chamomile Tea
24. Peppermint Tea
25. Green Tea
26. Ribeenaa
27. Red Cordial
28. Cranberry Juice

NUTS

1. Almonds
2. Cashews
3. Hazel
4. Brazil
5. Pistachio
6. Macadamia
7. Walnut
8. Pecans
9. Pine Nuts

**DRIED HERBS
(MCCORMICK)**

1. Mixed Herbs
2. Rosemary
3. Basil
4. Chives
5. Coriander
6. Season-All

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