



COMPATIBILITY EXPLAINED

COMPATIBILITY HAIR ANALYSIS & WELLNESS PROGRAM

The Compatibility System is the result of over thirty five years of research and development by qualified Naturopaths in Australia. This is a Naturopathic Wellness program which is used in more than 20 countries.

About the Compatibility Program:

The technique is based on the way in which the food and products benefit the individual person. Each person is unique and with this applies the, 'one size does not fit all' philosophy when it comes to food and household products.

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 aggravate existing symptoms?

Compatibility Hair Analysis is about finding local food and household products that suit the individual. It is not based on Nutritional advice nor is it a Medical program designed to treat diseases.

This **6month WELLNESS PROGRAM** follows the Naturopathic principle, "Feed the body correctly and allow the body to repair itself".

Using a hair or saliva sample, Compatibility testing identifies the influence (either positive or negative) that each food and product has on the individual body. This way we are able to determine which food and products will need to be avoided and which ones can be used. Remember, feed the body correctly and it can function much better.

UNLIKE ANY OTHER TEST by Founder Dennis Hodges

Compatibility testing is not about treating disease.

I have found that most foods people reacted to did not show up in antibody tests.

The challenge for me was to locate what was causing the initial inflammation, and to establish the underlying "cause".

People often call reactions (symptoms), an allergy, or an intolerance. The symptoms many people notice are often caused by an **aggravation to pre-existing inflammation**.

When underlying inflammation is present, there is excessive secretion of inflammatory mediators such as Histamine.

Feeding the body with only Compatible foods can help cells normalise the amount of Histamine in the body, along with other secretions such as hormones, mucous, digestive enzymes etc. Antibodies are produced within specific immune system cells. Excess secretion of antibodies can contribute to autoimmune problems. Whatever the response is, cellular function is involved.

Our Compatibility Program focal point is to improve this cellular function.

HOW IT WORKS

Every cell in the body relies on electrical stimulation for proper cellular function. Assimilation (taking nutrition into the cell) plus elimination and secretions at cellular level, rely on electrical stimulation.

We simply cannot get nutrition in and waste secretions out of the cells without the correct electrical charge within the cell/cell membranes (ATP/ADP). Electrical energy is mainly distributed to every cell through acupuncture meridians, connective tissue and circulation.

Foods contain their own electrical systems as well. These electrical systems in the food can sometimes interfere with the electrical systems within cells. The result is poor cellular function.

By removing these reactive and aggravating foods, we allow the cells to repair and function normally.

What our hair analysis test covers:

Our standard test covers a list of 600 items — including most food groups, bathroom, laundry, Health foods, Gluten-free and Kitchen products.

The focus is on what you **CAN** eat and use rather than what you cannot.

It includes common local brands found in supermarket and health food stores.

Each item is tested in the form it is consumed in, (both raw and/or cooked where applicable).

The Report includes:

Test results for over 600+ items from local supermarkets. Day to day instructions to help you implement the program correctly

6-month PROGRAM

We test your Compatibility with 600 local food and products.

We use these test results to develop your personal Wellness Program.

You receive a comprehensive 12+page report which includes full instructions for the 6 month period.

Progress form

The report includes weekly progress form. The Progress forms are filled out by the client between consultations. This feedback is used to assess how the individual is progressing and determine what therapies are needed at this stage.

By feeding the body in line with the Compatibility test results plus your Practitioner's advice we are enhancing cellular function. Correct cellular function leads to good organ function.

Good organ function **NATURALLY** leads to good immunity, digestion and elimination.