

HAIR TESTING FOR OVER 500 ITEMS

YOUR FIRST STEP TO BETTER HEALTH



DANNI ARCHER - NATUROPATH
OWNER OF DIVINE HEALTH AND WELLNESS



The most common question I get asked about
this hair test is:

“ *How does it work?* ”

This particular method of hair testing for food intolerances has been used for decades with incredible results for patients with a wide range of health concerns. It is a unique system and is only available through qualified and registered health professionals!

I've compiled this document to help explain what the hair test is, how it works, and who may benefit from the test and wellness program.



The 500 item hair test has become a foundational program in my clinic, bringing incredible results for all of my clients who have completed it and for a range of conditions and symptoms. One of my favourite things about the hair test is that it utilises the power of foods and diet before relying on supplements, saving you money and time in the long-term.

Keep reading for more information!

Yours in good health and happiness,





Have you suffered for long enough?

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.

Hair testing for 500 items

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 I 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.

The Bio-Compatibility system includes:

1. A **revolutionary hair analysis test** that offers an in-depth examination of your current health status.
2. A **6 month restorative wellness programme** that is easily integrated into your existing lifestyle – so it's easy to adopt and stick to.

from only \$259





The Basics:

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 sample 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.





Real, lasting results

The hair test identifies any foods or products that are causing *inflammation* in your body. It is the one of the most individualised system of care available and eliminates the need to 'guess' or 'assume' when it comes to your health.

If you're suffering from a skin disorder or digestive symptoms, I could give you a supplement to help minimise those symptoms.

But what if the true cause is coming from the food that you're eating?

If you are diagnosed with depression, anxiety, ADHD or other mental health and/or behavioural conditions, I can definitely help you reduce your inflammation through nutrition and herbal remedies.

But what if the true cause is coming from the food that you're eating?

If you are wanting to lose weight, I can create a meal plan for you and guide you towards helpful exercise options and so much more..

But what if the true cause is coming from the food that you're eating?



There is no point in taking 10-15 supplements, changing your lifestyle or taking medication if the root cause of your health problems is coming from the food that you're eating. If you are eating a food every single week, or day, or even every MEAL that is causing inflammation in your body, then you will never truly eliminate your symptoms or health concerns.

Save time and money by
having your hair tested
FIRST



Real Success Stories



“

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.

”

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“

Jessie had often told her friends that she thought something was wrong with her - no matter what she did, she couldn't seem to lose weight. After completing her Bio-Compatibility testing for digestive problems, Jessie lost 10kg in 2 months simply by eliminating the foods that she was reacting to. Jessie says: "I'm so glad I invested in doing this hair test, it has changed everything for me."

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Natasha's kinesiologist told her that she couldn't have wheat or dairy. She was struggling to completely eliminate them from her diet, especially with a newborn baby to take care of. When Natasha had her hair tested, her initial health concerns had not been resolved by her wheat- and dairy-free diet, no matter how hard she tried to eliminate them. The hair test results gave her a wider variety of foods to enjoy, and identified more specific foods she needed to avoid. Natasha said the hair test was easier than eliminating all wheat and dairy, and her health improved much faster, too!

”



What is Tested?

GREEN VEGETABLES

Asparagus
Beans
Buk choy
Brussels Sprouts
Cabbage
Celery
Choy sum
Kale
Leeks
Lettuce
Olives
Okra
Parsley
Pak choy
Rocket
Shallots/spring onions
Snow Peas
Wombok cabbage

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)
Globe Artichoke
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Emu
Ham
Kangaroo
Lamb
Pork
Turkey
Venison

SEEDS

Chia
Linseed/oil/meal
Poppy
Pumpkin
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarin
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
Jarrah hot chocolate
Sunraysia Prune juice
Milo
Ovaltine
Ribena
Rooibos 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
Lemon Grass
Mixed Herbs
Oregano
Rosemary





What is Tested?

SAUCES

AYAM Oyster
 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 Campbell's
 Beef Stock (Massel)
 Bonox
 Chicken Stock Campbell's
 Chicken Stock (Massel)
 Miso
 Massel Gravy mix
 Vegetable Stock (Massel)

SUGARS/ Sweeteners

Agave
 Coconut sugar
 Golden Syrup
 Honey
 Manuka Honey
 Maple Syrup
 Palm Sugar
 Stevia
 Sugar Brown
 Sugar Raw
 Sugar White
 Xylitol

OTHER MILKS

Almond milk
 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
 Bonsoy

FLOUR / GRAINS

Cornflour [wheat free]
 Pasta (Durum wheat)
 Rice Brown (ALL)
 Rice White (ALL)
 Rice noodles

HERB-SPICE-CONDIMENT

All spice
 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
 Hommus
 Mixed Spice
 Mustard
 Nutmeg
 Paprika
 Pepper (black and white)
 Pepper Cayenne
 Salt (refined table)
 Salt Celtic sea salt
 Salt Herbamare 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
 Tempeh

SPREADS

Cottees Blackberry Jam
 Cottees Marmalade
 Nutella
 St Dalfours strawberry
 St Dalfours wild blueberry
 Vegemite
 Ozemite

BREAKFAT CEREALS

CRUNCHOLA Apple and Blueberry
 FREE AND LOW Muesli
 GOOD MORNING Millet Puffs
 Lecithin
 LOWAN Rice Porridge
 Polenta

DAIRY

Butter
 Cows Cheese (All types)
 Cows Yoghurt
 Cream (All types)
 Eggs
 Fetta Cheese (goat)
 Goats Cheese
 Goats Milk
 Icecream (Peter's Vanilla)
 Icecream soy
 Margarine (Flora)
 Margarine (Nuttelex)
 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/other Breads

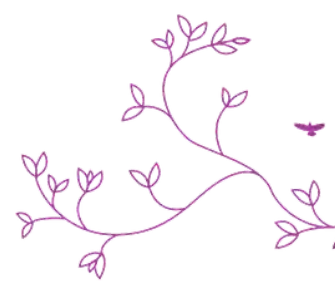
Ancient Grain Tigris Spelt
 Ancient Grain Devonport Rye
 ESSENE sprouted bread
 Organic Kamut (SOL)
 Paine DE Campagne (SOL)
 Naturis organic spelt
 Naturis Buckwheat bread
 Naturis Wholemeal bread
 Lifestyle Ancient Grain
 Flinders Sourdough bread

BOHDIS BREADS

GF CHIA Linseed
 LUPIN LOAF
 GF Multi Grain
 GF YEAST FREE

CHOCOLATE / SWEETS

Cocoa (Cadbury)
 Chocolate (Lindt)
 Chocolate (Nestle)
 Chocolate (Cadbury)
 Chocolate (Dove)
 Chocolate (Haigs SA)
 Chocolate (SWEET WILLIAM)
 Liquorice





What is Tested?

GLUTEN FREE

GF Bread crumbs
 G.F. Weet-Bix
 Greens 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
 Naturis GF rice loaf
 Naturis Org Spelt
 GF Oats

Supermarket CEREALS

Cornflakes (all)
 Crunchy Nut
 Goodness Cereals (all)
 Just Right
 Oat Bran
 Oat Brits
 Rice Bran
 Rice Bubbles
 Rolled Oats
 Vita Brits
 Weet Bix
 Special K
 Sultana Bran

LAUNDRY Products

Bio Zet
 Bleach
 Cold Power
 Dynamo
 Fabric Softener Cuddly
 Fabric Softener Fluffy
 Lux Flakes (laundry)
 Napisan
 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

Banana Boat Every day
 Sunscreen UV Triplegard
 Coles every day
 Oleo Sunscreen
 Cancer Council
 Nivia

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 (all)
 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
 Bamboo

METALS

Aluminium
 Gold
 Mercury
 Silver

COMMON SUPPLEMENTS

Ammodine
 Aloe Vera
 Chlorella
 Fish oil Capsules
 Inner Health Plus
 Inner Health plus Dairy
 free
 Krill Oil
 Rose Hip Oil
 Lugol
 Nordic Fish Oils
 Psyllium
 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
 Demazin Cold & Flu
 Nurofen
 Nurofen Plus
 Panadine
 Paracetamol Heron
 Paracetamol Panadol

HEALTH SHOP/ ORGANIC

Barley Grain
 Bean Adzuki
 Bean Borlotti
 Bean Broad
 Bean Cannellini
 Bean Kidney
 Bean Lima
 Blackstrap Molassas
 Butter Chicken OZGANICS
 Carob
 Chickpea Splits
 Coconut butter
 Coconut water
 Cous Cous





What is Tested?

HEALTH SHOP CONT.

Cranberries Dried
Falafel
Flour Amaranth
Flour BESAN
Flour Buckwheat
Flour Coconut
Flour Kamut
Flour Maize
Flour Potato
Flour Quinoa
Flour Rye
Flour Soy
Flour Spelt
Flour Tapioca
Gogi Berries
Hazelnut Meal
Maca Powder
Millet Grain
Moong Dahl
Nori
Pecan butter
EGGS (ORGANIC)
Quinoa Grain
Rapadura Sugar
Raw Cacao
Red Lentils
Thai Green Curry
OZGANICS
Wild Blueberry
Wild Raspberries
Wild Rice

PROTEIN POWDERS

Bioceuticals AMINOPLEX
Tony Spiers PEA PROTEIN
Ezyprotein Choc &
W.Berry

CELLOIDS

SS69
SP96
S79
PS 29
PP85
PC73
MP 65
IP82
CS 36
CP 57
CF43
Tissue Salts Option

There are also a few specialised lists which can be added to the standard list. These include:

- Baby Test

(nappies, baby wipes, baby food, etc)

- Indian Test

(traditional Indian foods)

- Animal Test

(helpful for pets who suffer from itching, anxiety, arthritis, and other health problems)

Please contact me for more information on these additional testing options.





Cost of Testing

When I first started out as a naturopath, I used a form of food intolerance testing that was conducted via a small finger-prick blood sample. That test cost \$250 and tested 87 different foods.

Now I use bio-compatibility hair testing, which tests over 500 foods and household items for only \$259.

Not only is hair testing more cost-effective and tests a wider range of items, it also brings my clients much better results than the blood testing did.

Hair testing for 500 items: \$259

A small investment when the results are so astounding. And of all the clients who have completed this hair test and wellness programme, there is not a single one who has not benefited from it.



Order now: email danni@vitalityhealthsa.com



What happens next?

Once I receive your hair sample, I process the test through a specialised laboratory in QLD, Australia. The test results from this lab generally take 2-3 weeks to be returned to me.

As soon as I receive your results, I will email you the full report.

The test results are very simple. You will receive a full copy of the items tested, and any items showing up in red are causing an inflammatory response within your body when you are exposed to it.

Here's an example of a results report:

GREEN VEGETABLES

Asparagus
Beans
Bok choy
Brussels Sprouts
Cabbage
Celery
Choy sum
Kale
Leeks
Lettuce
Olives
Okra
Parsley
Pak choy
Rocket
Shallots/spring onions
Snow Peas
Wombok cabbage

OTHER VEGETABLES

Avocado
B/Beans W.Worths Org
Baked Beans (Heinz)
Baked Beans SPC
Beetroot
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Choko
Corn
Cucumber

SEEDS

Chia
Linseed/oil/meal
Poppy
Pumpkin
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarin
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums

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

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
Lemon Grass
Mixed Herbs
Oregano
Rosemary

SAUCES

AYAM Oyster
B.B.Q. Master Foods

Everything in black is suitable for your body and you can continue to consume it. Everything in red is causing a reaction within your body, and removing those foods from your diet will improve, if not eliminate your symptoms.



Do I avoid red foods forever?

Generally, no! After 3-6 months of eliminating the reactive foods from your diet, your digestive tract will have begun to heal and any complementary therapies we have introduced after the hair test will also be working to improve your ability to digest foods in a healthy, non-reactive way.

Most of my clients have been able to re-introduce ALL of the red foods back into their diet without a problem, whilst still remaining healthy and symptom-free.

Depending on your progress and health concerns, after 3-6 months I will guide you through the re-introduction process. You have two options here:

1. Re-test at a reduced rate of \$190. This allows you to test the exact same list and ensure that you are ready to be exposed to those red items again.
2. Re-introduce items gradually. I can help you monitor any symptoms that indicate a reaction, and ensure that the re-introduction is done properly to avoid any return of your initial health symptoms.



In some cases, you may never be able to tolerate certain foods or items. The benefit of this test is that it assesses your individual response to items, and ensures that your health and happiness is not compromised by exposure to every day items.

There is no "one size fits all" approach when it comes to health. It is all about your body, your unique health picture, and your ability to cope with specific foods and household, kitchen and bathroom products.





Benefits of Hair Testing



- simple test
- suitable for children and babies
- no blood test required (pain free!)
- suitable for coloured hair
- suitable for pets
- can be completed alone or with a naturopathic consultation
- includes 6 month wellness programme for optimal health
- individualised treatment protocol that saves you time and money

Successful in treating:



- eczema, psoriasis, acne, hives and other skin conditions
- digestive complaints - IBS, constipation, diarrhoea, bloating, nausea
- asthma, hayfever
- headaches and migraines
- ADD/ADHD and other behavioural issues
- arthritis and chronic pain
- bad breath, reflux
- ear infections, eye infections, lowered immune function
- muscle aches and pains
- low energy and fatigue, chronic fatigue, fibromyalgia
- persistent cough, bad breath, thrush
- PMS symptoms, hormonal imbalance, infertility
- sleep disorders
- weight gain

and so much more!

If you're unsure whether hair testing is the right choice for you, feel free to email me at danni@vitalityhealthsa.com





Are you ready to change your life?

I'm committed to helping you get well, and I only use clinical testing that is supported by decades of success and proven results. You can trust in this hair testing technique.

As a qualified and registered naturopath, I stand in my integrity to provide this hair test to you at the lowest cost possible.

If you're unsure if this hair testing system is right for you, send me an email (danni@vitalityhealthsa.com) and we can chat via email or I can give you a quick call to discuss your options. I've used this test for a number of clients with a range of health problems, but I will never suggest this test to you if it isn't suitable. Remember: we are all unique and individual!



The 500 item hair test has become a foundational program in my clinic, bringing incredible results for all of my clients who have completed it and for a range of conditions and symptoms. I'm so excited to help you take this first step towards better health, and a better life!

Yours in good health and happiness,

