



Standard 300 Test Kit - \$195 (discounts apply for each additional family member)

Order Form and Instructions for Hair Analysis Submission

- Simply post us this form completed with a small clump of your hair (enough to cover the shaded area below) One form for each person. Hair can come from any part of the body. It can be either short or long pieces.



Hair sample must be placed in an envelope or plastic bag.
Colours, perms or medications do not affect the testing.

Please indicate below whether you have suffered from any of the following symptoms in the past 6 weeks.
This information will be useful to enable you to monitor your improvement during the first 4 weeks of starting the program.

LIST YOUR SYMPTOMS

- | | | | |
|---|--|---------------------------------------|--|
| <input type="checkbox"/> sinus/hayfever | <input type="checkbox"/> rashes/itchy skin | <input type="checkbox"/> digestive | <input type="checkbox"/> irritable bowel |
| <input type="checkbox"/> asthma | <input type="checkbox"/> arthritis | <input type="checkbox"/> constipation | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> PMT | <input type="checkbox"/> psoriasis | <input type="checkbox"/> diarrhoea | <input type="checkbox"/> ADD/HD |
| <input type="checkbox"/> headache | <input type="checkbox"/> excess mucous | <input type="checkbox"/> bloating | <input type="checkbox"/> sleep disorders |
| <input type="checkbox"/> migraine | <input type="checkbox"/> thrush | <input type="checkbox"/> flatulence | <input type="checkbox"/> bloating |
| <input type="checkbox"/> acne | <input type="checkbox"/> earache | <input type="checkbox"/> hives | <input type="checkbox"/> restless legs |

Please list any other symptoms you experience and would like to monitor.

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Date of Birth...../...../..... Sex.....M F

Name.....Parents name

Address.....P/code.....

Phone.....Mobile.....

Email address for report delivery.....

Payment options: Choose one of...

- Direct Debit: BSB: 034221 Acc.No: 312089 (enclose receipt no.)
- Paypal online: account name to send money is kylie@wheatfree.com.au
- Credit card details please fill in below.
- Cheque or money order to K. Hollonds

Please fill out details below:

Mastercard Visa Expiry Date: ____/____ Amount Payable \$.....00

Card Number | | | | | | | | | | | | | | | | | | | | | |

Name on card Signature

Circle which test you want done

Family or group discounts: Test 1 :\$195 Test 2: \$190 Test 3: \$185 Test 4: \$180

Extras lists with Gluten Free Foods are \$55 per test and \$100 for both. (For more info refer to website)

Send hair sample to:

Kylie Hollonds
PO Box 351
Toowoomba Qld 4350
Australia
email: kylie@allergyfreemybody.com
Phone: 1300 766 433

Kind regards
Kylie Hollonds
"food testing is the first step"
Allergy Consultant
www.allergyfreemybody.com

Procedure for Follow-up:

- * Once we have safely received your *Precious Hair Sample*, we will notify you. From this time we leave 5-7 working days for the Sample to be sent to the lab and testing to be completed.
- * Your results will be forwarded to you via a PDF file attached to an email.
- * At this time we will offer you an opportunity to make a mutual time for a phone follow-up if you require some additional guidance and an opportunity to ask questions regarding the information you have received.
- * We will then provide you with the option of choosing the Extra Food Kits if you require additional food choices.
- * After 4-6 weeks you will be required to fill in and submit your Follow-up Report. At this time we will offer additional support and guidance if necessary.
- * At the 6 month mark you are given an opportunity to submit a follow-up test if you would like to monitor your healing progress.

Take the time Make the effort and You can be healed

The testing is part of my overall treatment protocol. Removal of negative bio-energetic foods allows the immune system to repair allergies, intolerance, imbalances etc..

Other factors can also play a part in disease. These factors can be better assessed once you find out what foods are Good for you and what foods are Bad. You can then begin to corrected your diet and feel the benefits of eating bio-compatible foods.

Go to www.allergyfreemybody and download the free report on “How food can make you Sick”. This will give you an insight into how the body triggers certain foods as an “Enemy” and how the chemicals produced can cause the discomfort of the symptoms you may be experiencing.

The results you will receive will show you clearly the foods which are measuring an incompatibility with YOU individually and which foods, down to brand names, are compatible with YOU.

STANDARD 300 ITEM LIST- \$195

List subject to change All brand names remain the property of manufacturers.

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

SEAFOOD

- 29 Fish
- 30 Shellfish
- 31 Calamari
- 32 Salmon (tinned)
- 33 Tuna (tinned)

DRINKS

- 34 Beer
- 35 Wine
- 36 Port
- 37 Vodka
- 38 Whiskey
- 39 Bourbon
- 40 Rum
- 41 Gin
- 42 Brandy
- 43 Tea
- 44 Coffee
- 45 Ovaltine
- 46 Milo
- 47 Choc Quik
- 48 Cocoa (Cadbury)
- 49 Ginger Ale
- 50 Coke
- 51 Diet Coke
- 52 Pepsi Max
- 53 Sprite-Lemonade
- 54 Fanta (Orange)
- 55 Dandelion Tea
- 56 Chamomile Tea
- 57 Peppermint Tea
- 58 Green Tea
- 59 Ribeena
- 60 Red Cordial
- 61 Cranberry Juice

CONDIMENTS

- 62 Apple Cider Vinegar
- 63 Malt Vinegar
- 64 Salt (refined table)
- 65 Celtic Salt (sea salt)
- 66 Rock Salt (McCormick)
- 67 Herbemare Vege Salt
- 68 Pepper (black and white)
- 69 Cayenne Pepper
- 70 Tomato Sauce (Fountain)
- 71 Tomato Paste (Leggo's)
- 72 B.B.Q. Sauce (Eta)
- 73 Soy sauce
- 74 Worcester sauce
- 75 Horseradish sauce
- 76 Mustard
- 77 Praise Mayo
- 78 Gravox
- 79 Vegemite
- 80 Promite
- 81 Nutella
- 82 Beef Stock (Magi)
- 83 Chicken Stock (Magi)
- 84 Chicken Stock (Massel)
- 85 Beef Stock (Massel)
- 86 Vegetable Stock (Massel)
- 87 Vanilla (pure)
- 88 Curry Powder
- 89 Mint Sauce
- 90 Ginger
- 91 Chilli
- 92 Garlic
- 93 Mixed Spice
- 94 Cinnamon
- 95 Nutmeg

DAIRY FOODS

- 96 Butter
- 97 Margarine (Flora)
- 98 Margarine (Soya)
- 99 Nuttalex Margarine
- 100 Cream
- 101 Cows Yoghurt
- 102 Soy Yoghurt
- 103 Cows Cheese
- 104 Goats Cheese
- 105 Soy Cheese
- 106 So-Good
- 107 Vitasoy
- 108 Aussie Soy
- 109 So Natural
- 110 Tofu
- 111 Goats Milk
- 112 Rice Milk (RiceDream)
- 113 Rice Milk (So-Natural)
- 114 Carnation Milk
- 115 Condensed Milk
- 116 Skim Milk
- 117 Full Cream Milk
- 118 Ice Cream(PaulsVanilla)
- 119 Eggs

SEEDS

- 120 Sesame
- 121 Sunflower
- 122 Pumpkin
- 123 Linseed (flax seed oil)

VEGETABLES

- 124 Potato
- 125 Tomato
- 126 Capsicum
- 127 Eggplant
- 128 Cabbage
- 129 Cauliflower
- 130 Brussell Sprouts
- 131 Mushroom
- 132 Broccoli
- 133 Silverbeet
- 134 Zucchini
- 135 Celery
- 136 Lettuce
- 137 Rocket
- 138 Pumpkin
- 139 Peas
- 140 Carrot
- 141 Onion
- 142 Beetroot
- 143 Cucumber
- 144 Turnip
- 145 Button Squash
- 146 Snow Peas
- 147 Mung Beans
- 148 Beans
- 149 Asparagus
- 150 Alfalfa sprouts
- 151 Sweet Potato
- 152 Avocado
- 153 Corn
- 154 Shallots
- 155 Parsley
- 156 Buckchoy
- 157 Choysum
- 158 Wombok
- 159 Leeks
- 160 Olives

MEATS / FATS

- 161 Beef
- 162 Pork
- 163 Lamb
- 164 Chicken
- 165 Bacon
- 166 Ham
- 167 Turkey
- 168 Canola Oil
- 169 Olive Oil
- 170 Grape Seed Oil
- 171 Sunflower (Crisco)

FOOD COLOURINGS

- 172 Red
- 173 Blue
- 174 Green
- 175 Yellow

NUTS

- 176 Almonds
- 177 Cashews
- 178 Hazel
- 179 Brazil
- 180 Pistachio
- 181 Macadamia
- 182 Walnut
- 183 Pecans
- 184 Pine Nuts

DRIED HERBS

- (McCORMICK)
185 **Mixed Herbs**
186 **Rosemary**
187 **Basil**
188 **Chives**
189 **Coriander**
190 **Oregano**
191 **Season-All**

GRAINS / CEREALS

- 192 **White Bread**
193 **Wholemeal Bread**
194 **Multigrain Bread**
195 **Rye Flour**
196 **White Flour**
197 **Wholemeal Flour**
198 **Cornflour**
199 **Buckwheat Flour**
200 **MountainBreadRice**
201 **Bi Carb Soda**
202 **Corn Thins**
203 **Rice Thins**
204 **Lavash Bread**
205 **White Rice**
206 **Brown Rice**
207 **Lentils**
208 **Chick Peas**
209 **Kidney Beans**
210 **Split Peas**
211 **Rolled Oats**
212 **Oat Bran**
213 **Coconut**
214 **Baked Beans(Heinz)**
215 **Spaghetti (Heinz)**
216 **Pasta (Durham Wheat)**
217 **Hokkien Noodles**
218 **Rice Noodles**
219 **Cornflakes(Kellogs)**
220 **Rice Bubbles**
221 **Coco Pops**
222 **Sultana Bran**
223 **Vita Brits**
224 **Weet Bix**
225 **Nutrigrain**
226 **Special K**
227 **Just Right**

SUGARS

- 228 **White Sugar**
229 **Raw Sugar**
230 **Brown Sugar**
231 **Manuka Honey**
232 **Stevia**
233 **Splenda**
234 **Honey**
235 **Maple Syrup**
236 **Golden Syrup**
237 **Carob**
238 **Chocolate (DarrellLea)**
239 **Chocolate (Lindt)**
240 **Chocolate (Nestle)**
241 **Chocolate (Cadbury)**
242 **Chocolate (Dove)**
243 **Liquorice**

CHEMICALS

- 244 **Fly Spray**
245 **Aeroguard**
246 **Newspaper Ink**
247 **Bleach**
248 **Sard Wonder Soaker**
249 **Nappisan**
250 **Talcum Powder**
251 **Morning Fresh**
252 **Palmolive Dish Liquid**
253 **Dawn Dish Liquid**
254 **Pine-O-Cleen**
255 **Domestos**
256 **Omo**
257 **Dynamo**
258 **Bio Zet**
259 **Cold Power**
260 **Radiant**
261 **Cuddly Fabric Softener**
262 **Softly Fabric Softener**

BATHROOM CHEMICALS

- 263 **Baby Shampoo (Johnsons)**
264 **Head and Shoulders**
265 **Pantene**
266 **Wella Balsam**
267 **Palmolive Shower Milk**
268 **Lux Body Wash**
269 **Mum Deodorant**
270 **Dove Deodorant**
271 **Rexona Sport Deodorant**
272 **Crystal Stick Deodorant**
273 **Body Choice Natural Deod**
274 **Dove Soap**
275 **Sunlight Personal Soap**
276 **Palmolive Gold Soap**
277 **McLeans (Triple stripe)**
278 **Colgate (Standard)**
279 **Sensodyne**
280 **Gillette Shaving Foam**
281 **Nivea Shaving Gel**
282 **UV Tripplegard Sunscreen**
283 **Banana Boat Sunscreen**

METALS

- 284 **Mercury**
285 **Silver**
286 **Aluminium**
287 **Gold**

HAIR/FIBRES

- 288 **Mixed Feathers**
289 **Wool**
290 **Cotton**
291 **Polyester**
292 **Linen**

OTHERS

- 293 **Panadol**
294 **Herron**
295 **Panamax**
296 **Aspro**
297 **Nurofen**
298 **Codral (cold & flu)**
299 **Methylated Spirits**
300 **Cigarette Smoke**

