

Wellness Plan ORDER FORM

Congratulations! You are well on your way to
Making a real difference in your life.

Please complete the form below, attach your hair sample and mail to:

Sharon Lindner – Herbalist
OTP House
Suite 15, Level 2
10 Bradford Close
Kotara 2289, NSW
Australia.

Phone: (02) 49563353

Email: sharon.herbalist@gmail.com

www.urbanwellness.com.au

Hair Sample

Please provide enough hair to
cover the shaded area below



Place hair in cling wrap or zip lock
bag. Attach securely and send with
front page of this form.

Personal Details (as required on your report)

Name: _____ DOB: ____/____/____

Parents Name (if a child): _____

Address: _____

Suburb: _____ Postcode: _____ State: _____ Country: _____

Phone No: _____ Email: _____

Payment Details - \$287.00 for 1 Hair Analysis and 6-month Wellness Program

Card Number: |_|_| |_|_| |_|_| |_|_| |_|_| |_|_| |_|_| |_|_| |_|_| |_|_| |_|_| |_|_| |_|_|

Cardholder Name: _____

Card Type: |_|_| Visa |_|_| Mastercard

Expiry Date: ____/____ Signature: _____

If you prefer not to submit your credit
card details, please enclose a cheque or
money order made payable to Sharon
Lindner or call us to process payment
over the phone.

The Baby list can only be ordered with
the Standard 500 list for an additional
\$55. The pet test list is also available for
\$187.00.

Please list your symptoms

- | | | | |
|---------------------------------------------|----------------------------------------------|--------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> acne/rosacea | <input type="checkbox"/> diarrhoea | <input type="checkbox"/> gout | <input type="checkbox"/> PMS |
| <input type="checkbox"/> ADD/HD behavioural | <input type="checkbox"/> digestive / nausea | <input type="checkbox"/> flatulence | <input type="checkbox"/> rashes/itchy skin |
| <input type="checkbox"/> arthritis | <input type="checkbox"/> earaches | <input type="checkbox"/> hives | <input type="checkbox"/> reflux |
| <input type="checkbox"/> asthma | <input type="checkbox"/> excessive mucus | <input type="checkbox"/> IBS | <input type="checkbox"/> restless legs |
| <input type="checkbox"/> bad breath | <input type="checkbox"/> fatigue | <input type="checkbox"/> moody | <input type="checkbox"/> sinus/hay fever |
| <input type="checkbox"/> bloating | <input type="checkbox"/> headaches/migraines | <input type="checkbox"/> muscle aches/pain | <input type="checkbox"/> constipation |

Other: _____

You can expect your report to be emailed 10 – 15 days after your payment is processed

500 Standard List.

List subject to change

GREEN VEGIES

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
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

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)

500 Standard List

Continued

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
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

BREAKFAST

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

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

500 Standard List

Continued

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
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

Bio-Compatibility Hair Analysis Hair Analysis & Wellness Program

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

Here is how it works

The technique is based on the way in which the foods and products benefit the individual person. Each person is unique so it obviously follows that when it comes to foods and household products that 'one size does not fit all'.

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 seem to aggravate existing symptoms?

Bio-Compatibility Hair Analysis is about finding local foods 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 6-month WELLNESS PROGRAM follows the Naturopathic principle,
"Feed the body correctly and allow the body to repair itself".

Using a hair sample, Bio-Compatibility testing identifies the influence (either positive or negative) that each of a wide range of foods and products has on the individual body. This way we are able to determine which foods and products should be avoided and which can be used.

Remember, feed the body correctly and it can function much better.

What our hair analysis test covers

Our standard test covers a list of 500 items — including all food groups, bathroom, laundry, Gluten-free and kitchen products. The focus is on what you CAN eat and use rather than what you can't. It includes common local brands found in supermarkets and health food stores. Each item is tested in the form it is usually consumed (both raw and/or cooked where applicable).

6-month WELLNESS PROGRAM

We then test your compatibility with over 500 local foods and products. We use these test results to develop your *personal Wellness Program*.

You receive a very comprehensive 16 page report which includes full instructions for the 6 month period.

The Report includes

Test results for over 500+ items from local supermarkets.
Day to day instructions to help you implement the program correctly
General information on the different food groups

A '4 week Progress form' which you fill out and return to me. I use this information to assess your progress and make changes if necessary. Your response to the program is individual so we like to follow-up and assist you to gain the most benefit.