

# ORDER FORM

Allergy testing is now available through our Mail Order System.

Simply send us a small clump of your hair (enough to cover the shaded area below) and we will test you for all the items on the test sheet.



**Hair sample must be placed in an envelope or plastic bag.**

Colours, perms or medications do not affect the testing.

Please complete the following

Tick YOUR SYMPTOMS

- |                                    |                                    |                                     |                                   |                                       |
|------------------------------------|------------------------------------|-------------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> ASTHMA    | <input type="checkbox"/> SINUS     | <input type="checkbox"/> FATIGUE    | <input type="checkbox"/> MIGRAINE | <input type="checkbox"/> HEADACHE     |
| <input type="checkbox"/> ADD/HD    | <input type="checkbox"/> ARTHRITIS | <input type="checkbox"/> CANDIDA    | <input type="checkbox"/> MUCOUS   | <input type="checkbox"/> SKIN RASHES  |
| <input type="checkbox"/> PSORIASIS | <input type="checkbox"/> DIGESTIVE | <input type="checkbox"/> FLATULENCE | <input type="checkbox"/> PMT      | <input type="checkbox"/> CONSTIPATION |
| <input type="checkbox"/> HIVES     | <input type="checkbox"/> DIARROHEA | <input type="checkbox"/> FLUID      | <input type="checkbox"/> HAYFEVER | <input type="checkbox"/> IRRIT.BOWEL  |

OTHER \_\_\_\_\_

Date of Birth ...../...../.....

Sex

Male  Female

### Payment Options

1. A cheque or money order enclosed with this form is acceptable.
2. Post this form to us and contact us either by phone or email for direct deposit details.

Name.....

Address.....

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

Phone.....

email.....

### Tick the Tests You Want Done

- |                     |          |                          |
|---------------------|----------|--------------------------|
| 300 Test.....       | \$195.00 | <input type="checkbox"/> |
| Retest.....         | \$120.00 | <input type="checkbox"/> |
| Extra Test A,B..... | \$45.00  | <input type="checkbox"/> |
| Baby Test.....      | \$45.00  | <input type="checkbox"/> |

Amount Payable \$ .00

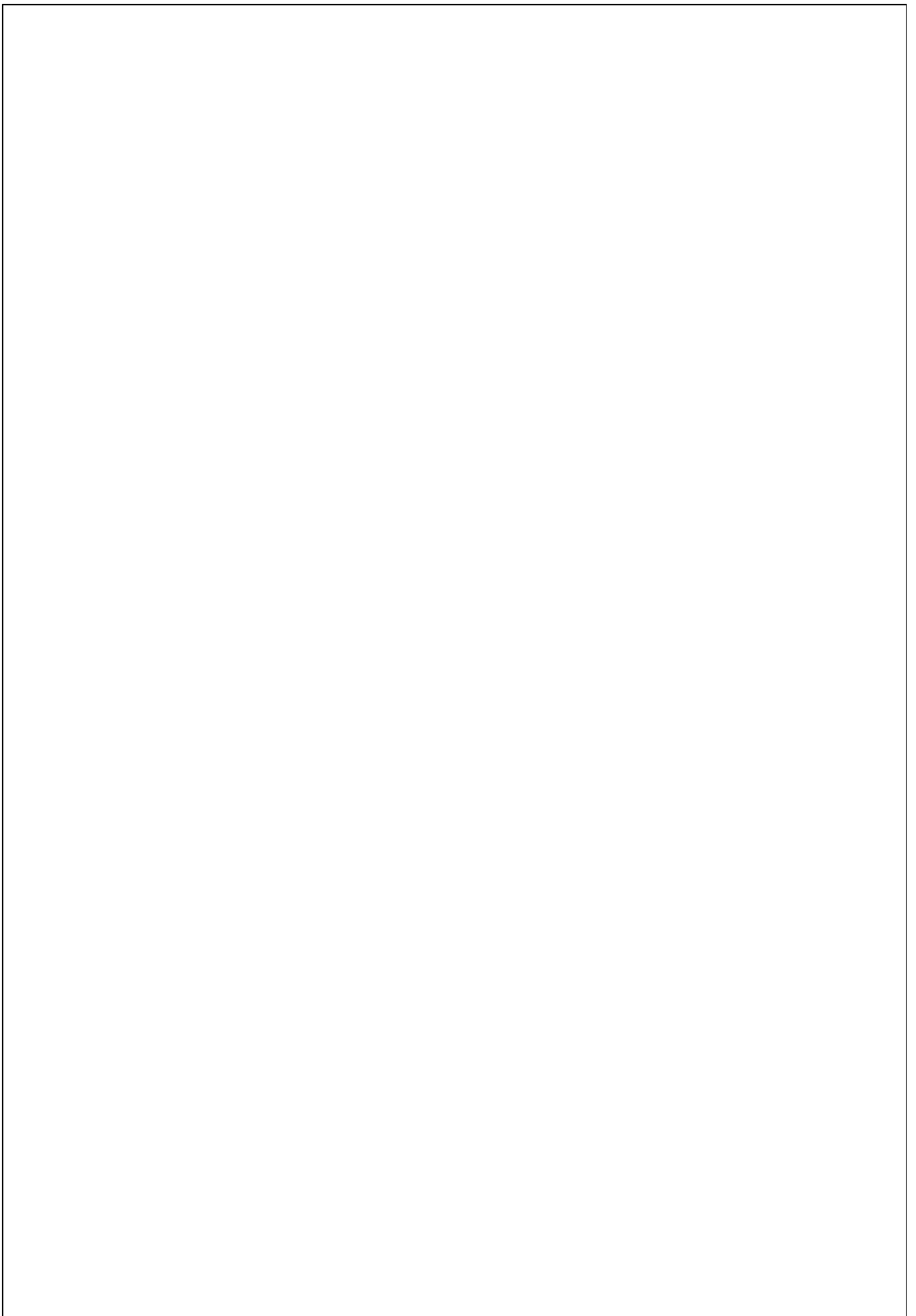
### **Send to**

**Shiloh Health & Wellbeing,  
46 Kew Road,  
Kia Ora,  
Queensland 4570  
AUSTRALIA .**

**Phone 1300 727 819**

**Email: [infoallergy@shiloh-health.com.au](mailto:infoallergy@shiloh-health.com.au)**

**DISCLAIMER;** This programme is not intended to be construed as medical advice, nor is it intended to lead anyone away from a qualified health practitioner. We make absolutely no claims to diagnose, cure ,treat or prevent any disease. We cannot take any responsibility for those who may want to treat themselves outside our instructions. If you have a medical condition, we urge you to be supervised by a qualified healthcare professional of your choice.



## INSTRUCTIONS

*Take the time    Make the effort    and    You can be healed*

**DO NOT USE ANY OTHER FOODS OR PRODUCTS THAT ARE NOT ON  
THE LIST.**

**You should avoid completely all the items highlighted.**  
**Eat only the remaining safe foods on the list.**  
**Only use the brand names where indicated.**

Your cooking should be plain, using only the condiments which we have tested as OK. For example you may be able to eat chicken, but if you eat take-away chicken it could contain other ingredients which you may be allergic to.

**Great care is needed for the first 4 weeks to achieve a satisfactory result.**

I have included some laundry powders, soaps, toothpastes, cleaning products and washing-up liquids. If you are not allergic to them, use these brands as other brands could contain substances you may be allergic to.

Where certain brands of foods are named, use these brands. If you are allergic to a food where a brand name is named, avoid all other brands as well unless they have been tested.

If you are allergic to metals it would be advisable to remove your jewellery for the first 8 weeks. Mercury and silver are found in amalgam fillings and removal is highly recommended if you are allergic to them. As much as possible avoid toiletries and chemicals. Bedding is very important if you are allergic to fibres or laundry powders. Substitute where necessary.

**If excess mucous is part of your condition, you should avoid oranges, chocolate and cows milk products for the first 6 weeks.**

It usually takes at least two weeks to eliminate the residue of allergic reactions from the body. You should see improvement after this time providing you are following these instructions. To help in this process drink **3 glasses of warm water** with lemon or grapefruit juice (if you are not allergic) first thing in the morning. Constipation can hinder this process. Bowel cleansing is recommended in this case.

Caffeine, alcohol and fermented foods such as cheese, wine, yeast, chocolate and salami can worsen your symptoms even though you are not allergic to them. For best results avoid these for the first 4 weeks.

**Not all reactions to foods are allergy.** For example caffeine can cause headaches, animal fats can cause nausea and yeast can cause bloating. Allergic reactions cause inflammation to tissue and nerves. Other foods can then aggravate this inflammation. If you are reacting to foods which have tested ok, you should avoid these as well for another 8 weeks or until your condition is greatly improved.

**Substances known to have caused anaphylaxis in the past should not be re-introduced.**

The chemical structure of foods can change during processing which will allow you to be allergic to some foods in a group and not others, eg. Corn / cornflakes, cow's milk / cheese, sugar / chocolate.

If you are under care from other practitioners you should continue with their advice and/or medications until they advise you differently.

**The test medium used in the vials in our system, are prepared from whole foods, taken directly from the supermarket. The medium includes all added sprays and chemicals etc. This gives us a test as close as possible to the way foods are eaten. This ensures the best overall results for people who follow the instructions.**

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***WE TEST YOU FOR THE FOLLOWING***

List subject to change.

Brand names remain the property of their respective companies and are used as examples only.

FRUITS	VEGETABLES	CONDIMENTS	GRAINS / CEREALS	SUGARS	CHEMICALS
Apples	Potato	Apple Cider Vinegar	White Bread	White Sugar	Fly Spray
Oranges	Tomato	Malt Vinegar	Whole meal Bread	Raw Sugar	Aeroguard
Banana	Capsicum	Salt (refined table)	Multigrain Bread	Brown Sugar	Newspaper Ink
Strawberry	Eggplant	Celtic Salt (sea salt)	Rye Flour	Equal	Bleach
Watermelon	Cabbage	Rock Salt (McCormick)	White Flour	Sugarine	Sard Wonder Soaker
Mango	Cauliflower	Herbemare Vege Salt	Wholemeal Flour	Splenda	Nappisan
Lemon	Brussell Sprouts	Pepper (black and white)	Cornflour	Honey	Talcum Powder
Kiwifruit	Mushroom	Cayenne Pepper	Buckwheat Flour	Maple Syrup	Morning Fresh
Grapes	Broccoli	Tomato Sauce (Fountain)	Bi Carb Soda	Golden Syrup	Palmolive Dish Liquid
Peaches	Silverbeet	Tomato Paste (Leggo's)	Corn Thins	Carob	Pine-O-Cleen
Pears	Zucchini	B.B.Q. Sauce (MasterFoods)	Rice Thins	Chocolate (Darrell Lea)	Domestos
Mandarines	Celery	Soy sauce	Rice Crackers	Chocolate (Lindt)	Wool Mix
Pineapple	Lettuce	Worcester sauce	White Rice	Chocolate (Nestle)	Omo
Passionfruit	Rocket	Horseradish sauce	Brown Rice	Chocolate (Cadbury)	Dynamo
Cherries	Pumpkin	Mustard	Lentils	Chocolate (Dove)	Bio Zet
Plums	Peas	M.S.G. (621)	Chick Peas	Liquorice	Cold Power
Pawpaw	Carrot	Gravox	Kidney Beans		Radiant
Apricot	Onion	Vegemite	Split Peas	<b>DRINKS</b>	Cuddly Fabric Softener
Sultanas	Beetroot	Promite	Rolled Oats	Beer	Fluffy Fabric Softener
Raisins	Cucumber	Nutella	Oat Bran	Red Wine	
Grapefruit	Turnip	Beef Stock (Magi)	Coconut	White Wine	<b>BATHROOM CHEMICALS</b>
Rockmelon	Button Squash	Chicken Stock (Magi)	Baked Beans (Heinz)	Vodka	Baby Shampoo (Johnsons)
Honey Dew Melon	Snow Peas	Chicken Stock (Massel)	Spaghetti (Heinz)	Whiskey	Head and Shoulders
Prunes	Mung Beans	Beef Stock (Massel)	Pasta (Durham Wheat)	Bourbon	Pantene
Dates	Beans	Vegetable Stock (Massel)	Hokkien Noodles	Rum	Wella Balsam
Lychee	Asparagus	Vanilla (pure)	Rice Noodles	Gin	Palmolive Shower Milk
Nectarines	Alfalfa sprouts	Curry Powder	Cornflakes	Brandy	Lux Body Wash
Limes	Sweet Potato	Mint Sauce	Rice Bubbles	Tea	Mum Deodorant
	Avocado	Ginger	Oat Brits	Coffee	Dove Deodorant
<b>NUTS</b>	Corn	Chilli	Sultana Bran	Ovaltine	Rexona Sport Deodorant
Almonds	Shallots	Garlic	Vita Brits	Milo	Crystal Stick Deodorant
Cashews	Parsley	Mixed Spice	Weet Bix	Choc Quik	Body Choice Natural Deod
Hazel	Buckchoy	Cinnamon	Nutrigrain	Drinking Choc (Cadbury)	Dove Soap
Brazil	Choysum	Nutmeg	Crunchy Nut	Ginger Ale	Sunlight Personal Soap
Pistachio	Wombok		Just Right	Coke	Palmolive Gold Soap
Macadamia	Leeks	<b>DAIRY FOODS</b>		Diet Coke	McLeans (all types)
Walnut	Olives	Butter		Pepsi Max	Colgate (all types)
Pecans		Margarine (Flora)		Sprite-Lemonade	Sensodyne
Pine Nuts	<b>SEAFOOD</b>	Margarine (Soya)		Fanta (Orange)	Gillette Shaving Foam
	Fish	Margarine (Nuttalex)		Dandelion Tea	Nivea Shaving Gel
<b>MEATS / FATS</b>	Shellfish	Cream		Chamomile Tea	UV Tripplegard Sunscreen
Beef	Calamari	Cows Yoghurt		Peppermint Tea	Banana Boat Sunscreen
Pork	Salmon	Soy Yoghurt		Green Tea	
Lamb	Tuna	Cows Cheese		Ribeena	<b>OTHERS</b>
Chicken	Fish oil Capsules	Goats Cheese		Red Cordial	Heron paracetamol
Bacon		Soy Cheese		Cranberry Juice	Panadol paracetamol
Ham	<b>SEEDS</b>	So-Good			Mersyndol
Turkey	Sesame	Vitasoy		<b>METALS</b>	Panadine
Rice Bran Oil	Sunflower	Aussie Soy		Mercury	Aspro
Olive Oil	Pumpkin	So Natural		Silver	Nurofen
Grape Seed Oil	Linseed (flax seed oil)	Tofu		Aluminium	Codral (cold & flu)
Sunflower (Crisco)		Goats Milk		Gold	Inner Health Plus
		Rice Milk (Rice Dream)			Cigarette Smoke
		Rice Milk (So-Natural)		<b>HAIR/FIBRES</b>	
		Carnation Milk		Mixed Feathers	
		Condensed Milk		Wool	
		Skim Milk		Cotton	
		Full Cream Milk		Polyester	
		Ice Cream (PetersVanilla)			
		Eggs			

EXTRA LIST A  
BREAD /GRAINS

1. BRIGHTERLIFE Bread mix
2. BRIGHTERLIFE Whey
3. BRIGHTERLIFE Muffin Mix
4. BRIGHTERLIFE Pikelet mix
5. Spelt Flour
6. Lecithin
7. Polenta
8. Amaranth Flour
9. Falafel
10. Quinoa flour
11. Potato Flour
12. ORGRAN Buckwheat Flour
13. ORGRAN No Egg
14. ORGRAN Rice Pasta
15. SAN REMO Gluten Free Pasta
16. ORGRAN Rice and Corn Pasta
17. FREEFORM Choc Crunch Biscuits
18. FREEFORM Double Chocolate Biscuits
19. FREEFORM Lemon Cake
20. ESKAL Lemon Wafer biscuits
21. BASCO Chocolate Cake mix
22. BASCO bread mix
23. BASCO chicken & veg soup
24. BASCO Pancake mix
25. ESSENE sprouted bread
26. COUNTRY LIFE Dark Rye bread
27. COUNTRY GRAIN Organic Rye bread
28. OLD TIME BAKERY Rye Bread
29. MOORE'S Gluten/yeast free Bread

CEREALS/BARS

30. CRUNCHOLA Apple and Blueberry
31. FREE AND LOW Muesli
32. GOOD MORNING CEREALS Millet Puffs
33. LOWAN Rice Porridge
34. LCM bars cereal & milk
35. Cadburys Brunch Bar fruit & nut
36. ALL BRAN Baked Bars

DRINKS

37. Caro
38. Ecco
39. Yakult
40. Oat milk
41. A2 milk
42. Lactose Free milk
43. Formosa Tea
44. Chai Tea
45. Dr Stuart's Diet Aid Tea
46. Poweraid
47. Staminaide
48. V8 vegetable juice
49. ANLENE milk
50. Miso Sou

EXTRA LIST B  
SWEETS

1. Saccharine
2. Equal
3. SWEET WILLIAM Chocolate
4. ARTISSE Chocolate
5. ROLEX Chocolate
6. COLES Belgian Chocolate

CHEMICALS

7. RED SEAL Herbal Toothpaste
8. GRANTS Mineral Herbal Toothpaste
9. VICCO Herbal Toothpaste
10. Earth Choice Dish Liquid

HERBS/SPICES

11. Cloves
12. Gelatine
13. Garam Masala
14. Thyme
15. Bay Leaf
16. Paprika
17. Fennel Seeds
18. All spice
19. Turmeric
20. Cajun Spices
21. Cumin
22. Dill
23. Tarragon
24. Ghee
25. Massel Supreme gravy mix
26. Tabouli
27. Bonox
28. Bovril
29. Homus
30. KRAFT Classic Mayonnaise
31. PRAISE Traditional Mayonnaise
32. Tahini

OTHERS

33. WOOLWORTHS Organic Baked Beans
34. SPC Baked Beans
35. Psyllium
36. AYAM Oyster Sauce
37. HEINZ big red tomato sauce
38. SMITHS chips plain
39. Couscous
40. Fetta Cheese
41. Temphey
42. LLOYDS Organic Prune juice
43. Gherkins
44. Popcorn microwave
45. Sardine in oil
46. Twisties cheese
47. Burger Rings
48. FOUNTAIN Sweet Chilli sauce
49. CHRIS' Tzatziki dip
50. CHRIS' Spring Onion dip

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**We have available extra test lists which will let you expand your allowable foods list.**

To Order Extra Tests    Return this form to your consultant.

Please include a new hair sample

Baby's Name.....

Cost of baby list..... \$45.00

**BABY TEST LIST (UNDER 12 MONTHS)**

**CREAMS AND POWDERS**

- 1 **AM-O-LIN** Baby Cream
- 2 **JOHNSONS** Baby Lotion (pink bottle)
- 3 **JOHNSONS** Baby Powder
- 4 **CURASH** Baby Powder
- 5 **JOHNSONS** Cornstarch Powder
- 6 **JOHNSONS** Nappy Rash Treatment Cream
- 7 **BEPANTHEN** Antiseptic Cream
- 8 **JOHNSONS** Baby Sorbelene Cream
- 9 **QV** cream
- 10 **Heinz** Sudocrem

**MEDICATIONS**

- 13 **Bonjella**
- 14 **Pentavite**
- 15 **MILTON** Antibacterial Tablet
- 16 **Brauers** Collic drops

**SHAMPOO AND SOAPS**

- 17 **CEDEL** Baby Shampoo (no tears)
- 18 **JOHNSONS** baby shampoo and conditioner
- 19 **JOHNSONS** baby bedtime bath
- 20 **JOHNSONS** baby bath moisturising
- 21 **Amolin** Baby Bath
- 22 **Amolin** Baby Shampoo

**BABY WIPES**

- 23 **CHUBS STACKABLES** Baby Wipes
- 24 **HUGGIES** Baby Wipes (green unscented)
- 25 **Johnson & Johnson** baby wipes
- 26 **PIDGEON** Baby Wipes

**FORMULA'S**

- 27 **S26** LF
- 28 **S26** Gold
- 29 **S26** AR
- 30 **Karicare** De-Lact
- 31 **Karicare** thickened
- 32 **Karicare** Soya
- 33 **Karicare** Gold
- 34 **Karicare** Goat
- 35 **Heinz** Nurture Gold
- 36 **Heinz** Nurture follow on
- 37 **Nestles** NAN
- 38 **Neo** Cate

**DISPOSABLE NAPPIES**

- 39 Huggies
- 40 Baby Love
- 41 VIP'S
- 42 Home Brand

**PROCESSED FOODS**

- 43 **Farex** original
- 44 **Heinz** Teething Rusks
- 45 **Heinz** Baby's first rice cereal
- 46 **Arnotts** Milk Arrowroot biscuits
- 47 **Heinz** Potato, Peas, Broccoli
- 48 **Heinz** sweet corn & chicken
- 49 **Golden Circle** Pumpkin, Beef & Potato
- 50 **Golden Circle** creamy tuna & vegetables
- 51 **Golden Circle** fruit salad
- 52 **Golden Circle** banana custard
- 53 **Golden Circle** apple & mango
- 54 **Heinz** egg custard
- 55 **Heinz** fruit salad yoghurt desert
- 56 **Heinz** apple & blackcurrant gel
- 57 **Heinz** chocolate custard

**OTHERS**

- 58 Silicone Crosscut Nipple
- 59 **Lux** Flakes
- 60 Wool Mix (Martha Gardiner)
- 61 Latex rubber teat
- 62 Paw Paw ointment

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