

Wellness Plan **APPLICATION FORM**



private clinic
"Where Your Health is Our Passion"

Congratulations! You are well on your way to making a REAL difference in your life.

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

Pure Health
PO Box 802
Whakatane
New Zealand

Phone: 0275 515 644 Email: tracey@purehealth.co.nz

Hair sample

Please provide a hair sample big enough to cover the shaded area:



Place hair sample in Glad Wrap or plastic bag.

Personal details (as required on your report)

Name: _____ Date of Birth...../...../.....

Parents Name if child: _____

Address: _____

Suburb: _____ State: _____ Postcode/Zip: _____ Country: _____

Phone: _____

Email: _____

Payment details

363 items tested by hair sample for only \$263 including GST

Please enclose a cheque or money order made payable to:

Pure Health International Ltd
PO Box 802
Whakatane

Or call 0275 515 644 or email tracey@purehealth.co.nz to make alternative arrangements.

Please list your symptoms;

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> acne / rosacea | <input type="checkbox"/> diarrhoea | <input type="checkbox"/> gout | <input type="checkbox"/> psoriasis |
| <input type="checkbox"/> ADD/HD--behavioural | <input type="checkbox"/> digestive / nausea | <input type="checkbox"/> headache | <input type="checkbox"/> rashes/itchy skin |
| <input type="checkbox"/> arthritis | <input type="checkbox"/> earache | <input type="checkbox"/> hives | <input type="checkbox"/> reflux |
| <input type="checkbox"/> asthma | <input type="checkbox"/> excess mucous | <input type="checkbox"/> irritable bowel | <input type="checkbox"/> restless legs |
| <input type="checkbox"/> bad breath | <input type="checkbox"/> eye infections | <input type="checkbox"/> migraine /headache | <input type="checkbox"/> sinus/hayfever |
| <input type="checkbox"/> bloating | <input type="checkbox"/> fatigue | <input type="checkbox"/> muscle ache & pains | <input type="checkbox"/> sleep disorders |
| <input type="checkbox"/> constipation | <input type="checkbox"/> flatulence | <input type="checkbox"/> PMS | <input type="checkbox"/> thrush |

Other

Thank you for filling out this form

Upon receipt we will process your Hair Analysis and send you your report.

Once you have read it through please phone or email Pure health on 0275 515 644, tracey@purehealth.co.nz for your phone consultation with our Naturopath.

FRUIT

1. Apples
2. Apricot
3. Bananas
4. Cherries
5. Dates
6. Grapefruit
7. Grapes
8. Honeydew Melon
9. Kiwifruit
10. Lemon
11. Limes
12. Lychee
13. Mandarins
14. Mango
15. Nectarines
16. Oranges
17. Passionfruit
18. Peaches
19. Pears
20. Pineapple
21. Plums
22. Prunes
23. Raisins
24. Rockmelon
25. Sultanas
26. Tamarillo
27. Watermelon

BERRIES

28. Blackberry
29. Blueberry
30. Raspberry
31. Strawberry

ALCOHOL

32. Beer
33. Beer Steinlager Pure
34. Bourbon
35. Brandy
36. Gin
37. Port
38. Rum
39. Tequila
40. Vodka
41. Whiskey
42. Wine Red
43. Wine White /Champagne

OTHER DRINKS

44. Bundaberg Ginger beer
45. Cadbury drinking chocolate
46. Choc Quik
47. Cocoa (Cadbury)
48. Coffee (all)
49. Cola (all)
50. Cranberry Juice
51. Fanta orange
52. Gingerale
53. L&P

54. Milo
55. Ovaltine
56. Powerade
57. Ribena
58. Sprite Lemonade
59. Tea (Black)

SEAFOOD

60. Calamari
61. Fish (white)
62. Mussels
63. Paua
64. Salmon (tinned)
65. Shellfish
66. Tuna (tinned)

HERBAL TEAS

67. Chamomile
68. Green
69. Peppermint
70. Rooibos (Red bush)

CONDIMENTS

71. Apple cider vinegar
72. Bi-carb Soda
73. Cayenne Pepper
74. Chilli
75. Cinnamon
76. Curry Powder
77. Empire Rock Salt
78. Garlic
79. Ginger
80. Himalayan Rock Salt
81. Leggo Tomato Paste
82. Mixed Spice
83. Mustard
84. Nutmeg
85. OXO beef cubes
86. OXO chicken cubes
87. Pacific Sea Salt
88. Pepper Black & White
89. Salt (refined table)
90. Vanilla (Pure)
91. Vinegar (all types)

SAUCES

92. Bisto gravy mix
93. Greggs BBQ Sauce
94. Greggs Mint Sauce
95. Horseradish sauce
96. Lea Perrins worc.shire s
97. Soya sauce (all)
98. Trident Sweet Chilli Sauce
99. Watties Tomato Sauce

MEATS

100. Bacon
101. Beef
102. Chicken
103. Duck

104. Ham
105. Lamb
106. Pork
107. Turkey

OILS

108. Canola oil
109. Grape seed oil
110. Olive oil
111. Pams soy oil
112. Pams sunflower oil
113. Rice bran oil
114. Sesame oil
115. Coconut Oil

DAIRY FOODS

116. Butter
117. Cows cheese (all)
118. Cows yoghurt (all)
119. Cream (all types)
120. Eggs
121. Flora Margarine
122. Milk A2
123. Milk Anlene
124. Milk Carnation
125. Milk Condensed
126. Milk Extra Trim
127. Milk Full bodied
128. Olivio Margarine
129. Tip Top ice cream (vanilla)

DAIRY ALTERNATIVES

130. Goats cheese
131. Goats milk
132. Lite Licks DF Vanilla icecream
133. Olivani dairy free spread
134. Rice bran spread
135. Milk Rice Dream rice
136. Milk Vitasoy rice
137. Trident coconut cream

SOY PRODUCTS

138. Milk Pams soy
139. Milk So natural
140. Milk So-Good
141. Milk Vitasoy
142. Soy cheese
143. Soy yoghurt
144. Soya Margarine
145. Tofu

SEEDS

146. Linseed (flaxseed oil)
147. Pumpkin
148. Sesame
149. Sunflower

GREEN VEGES

- 150. Asparagus
- 151. Beans
- 152. Bok Choy
- 153. Brussel Sprouts
- 154. Cabbage
- 155. Celery
- 156. Lettuce
- 157. Parsley
- 158. Rocket
- 159. Shallots
- 160. Silverbeet
- 161. Wakame (Seaweed)
- 162. Watercress

SPROUTS

- 163. Alfalfa
- 164. Mung beans
- 165. Snow peas

OTHER VEGES

- 166. Avocado
- 167. Beetroot
- 168. Broccoli
- 169. Button squash
- 170. Capsicum
- 171. Carrot
- 172. Cauliflower
- 173. Corn
- 174. Courgette
- 175. Cucumber
- 176. Eggplant
- 177. Kumara
- 178. Leeks
- 179. Mushroom
- 180. Olives
- 181. Onion
- 182. Peas
- 183. Potato
- 184. Pumpkin
- 185. Taro
- 186. Tomato
- 187. Watties baked Beans
- 188. Yams (all)

NUTS

- 189. Almonds
- 190. Brazil
- 191. Cashew
- 192. Hazelnut
- 193. Macadamia
- 194. Pecan
- 195. Pine nut
- 196. Pistachio
- 197. Walnut

HERBS & SPICES

- 198. Greggs Basil
- 199. Greggs Chives
- 200. Greggs Coriander
- 201. Greggs Mixed Herbs
- 202. Greggs Oregano
- 203. Greggs Rosemary
- 204. Greggs Sage
- 205. Masterfoods Italian Herbs

BREADS

- 206. Bread Multigrain
- 207. Bread White
- 208. Bread Wholemeal
- 209. Corn thins
- 210. Crumpets
- 211. Cruskits
- 212. Old el Paso Taco Shells
- 213. Pataks Pappadums
- 214. Plain Tortillas
- 215. Rice crackers
- 216. Rice thins

GLUTEN FREE

- 217. Healthy A GF/DF bread
- 218. Healtheries Simple GF Baking Mix
- 219. Hubbards Thank Goodness GF
- 220. Bakels GF Baking Mix
- 221. Orgran GF flour (plain & SR)
- 222. Pasta San Remo GF Pasta

SPREADS

- 223. Craig's raspberry jam
- 224. Lisa's Hummus Plain
- 225. Marmite
- 226. Nutella
- 227. Vegemite

DRIED VEGES

- 228. Chickpeas
- 229. Coconut
- 230. Kidney Beans
- 231. Lentils
- 232. Split peas

FLOURS/GRAINS

- 233. Buckwheat flour
- 234. Chickpea Flour (Besan)
- 235. Fielders cornflour
- 236. Healtheries Ground cornmeal
- 237. Healtheries Ground Rice Flour
- 238. Quinoa flour
- 239. Rice Brown
- 240. Rice White
- 241. Rye Flour
- 242. SPELT flour
- 243. White flour (plain & SR)
- 244. Wholemeal flour (all)

PASTA/SAUCES

- 245. Dolmio Classic Tomato Sauce
- 246. Hokkien Noodles
- 247. Pasta Durham Wheat
- 248. Pasta Orgran Rice Pasta
- 249. Rice noodles
- 250. Watties original pasta sauce
- 251. Watties Spaghetti
- 252. Watties Tomato Puree
- 253. Old El Paso Taco Sauce

BREAKFAST CEREALS

- 254. Just right
- 255. Kellogs cornflakes
- 256. Nutrigrain
- 257. Oat Bran
- 258. Pams light & fruity
- 259. Rice bubbles
- 260. Rolled Oats
- 261. Special K
- 262. Sultana bran
- 263. Vita-brits
- 264. Weetbix

SUGARS

- 265. Sugar Brown
- 266. Equal
- 267. Golden Syrup
- 268. Honey
- 269. Maple Syrup
- 270. Sugar Raw
- 271. Splenda
- 272. Sugar White
- 273. Stevia
- 274. Xylitol

CHOCOLATE/SWEETS

- 275. Cadbury chocolate
- 276. Carob
- 277. Lindt chocolate
- 278. Liquorice
- 279. Nestle chocolate
- 280. Sweet William DF Chocolate
- 281. Whittakers chocolate

METALS

- 282. Aluminium
- 283. Copper
- 284. Gold
- 285. Mercury
- 286. Silver

LAUNDRY CHEMICALS

- 287. Bleach
- 288. Canestan Laundry rinse
- 289. Cold power
- 290. Cuddly fabric softener
- 291. Drive laundry powder
- 292. Dynamo
- 293. Fab
- 294. Fluffy fabric softener
- 295. Nappisan Vanish
- 296. Omo
- 297. Persil Sensitive
- 298. Reflect laundry powder
- 299. Sard Wonder Soaker

DEODORANTS/SUNSCREENS

- 300. Cancer society sunscreen
- 301. Crystal stick deodorant
- 302. Dove deodorant
- 303. Lynx deodorant
- 304. Mum Deodorant
- 305. Nivea sensitive deodorant
- 306. Rexona sport deodorant
- 307. UV Tripleguard sunscreen

SOAPS

- 308. Dettol hand sanitiser
- 309. Dettol hand wash
- 310. Dove soap
- 311. Health Basics Body Wash
- 312. Johnsons body wash
- 313. Johnsons holiday skin
- 314. Lynx shower gel
- 315. Nivea shaving gel
- 316. Palmolive gold soap
- 317. Palmolive Shower milk
- 318. Gillette shaving foam
- 319. Pears soap
- 320. Radox shower gel

SHAMPOO

- 321. Head n Shoulders
- 322. Johnson's baby shampoo
- 323. Pantene
- 324. Sunsilk
- 325. Wella Balsam

KITCHEN CHEMICALS

- 326. Domestos
- 327. Down to Earth
- 328. Morning Fresh
- 329. Palmolive dishwashing liquid
- 330. Pine-o-cleen
- 331. Sunlight dishwashing liquid
- 332. Spray and wipe

TOOTHPASTE

- 333. Colgate (all Types)
- 334. Listerine mouthwash
- 335. McLeans mouthwash
- 336. McLeans (all types)
- 337. Red Seal Herbal Toothpaste
- 338. Sensodyne
- 339. Steradent

HAIR/FIBRES

- 340. Cotton
- 341. Linen
- 342. Mixed Feathers
- 343. Polyester
- 344. Silk
- 345. Wool

OTHERS

- 346. Aeroguard
- 347. Anti Flamme
- 348. Aspirin (S R)
- 349. Cigarette Smoke
- 350. Codral cold & Flu
- 351. Deep heat
- 352. Dettol
- 353. Epsom salts
- 354. Flyspray
- 355. Mersyndol
- 356. Newspaper ink
- 357. Nurofen
- 358. Panadeine
- 359. Panadol
- 360. Rawleighs antiseptic salve
- 361. Talcum powder
- 362. Tea Tree Oil
- 363. Inner Health Plus