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5Strands® Affordable Testing Case Study Outline

We appreciate your feedback regarding your experience with *5Strands® Affordable Testing!* Please use this as a guideline to share your story. Please also provide a before and after photos if possible. It is understood that by providing this information, you are granting permission for us to share your story on *5Strands® Affordable Testing's* websites, social media and in marketing materials.

Name: Andrew J.

Age and Sex: 24; Male

Describe condition and/or symptoms before using *5Strands® Affordable Testing*.

Inflammation & Bloating, Fatigue throughout the day (like wanting to take naps although I got 7-8 hours of sleep)

Have you been to a physician and had a diagnosis? Yes/No Diagnosis:

No

Have you had any other testing done and if so, what type of testing?

Yes, Blood Work – just to figure out why my ankle injury never fully healed & to make sure I don't have any genetic diseases from my father's side of ancestry.

What type of foods were you eating prior to testing (i.e. whole foods, processed foods etc.)?

Everything! Whole foods, processed foods, GMO, nonGMO, non organic and organic, gluten free, gluten full lol you name it.

Describe the results of 5Strands® Affordable Testing (i.e. number and/or examples of items reported as intolerances, insight gained, etc.).

I had red wine (unfortunately), apple juice, grapes, watermelons, and bread under Level 3 for intolerances.

I discovered I had severe nutritional deficiencies in Omega 9 and Tryptophane. I was also mildly deficient in a few members of the Vitamin B family.

It's interesting that sheep wool showed up as a Level 3 in the environmental category. Which makes sense because for some reason I always felt uncomfortable wearing or being covered in that material.

I also noticed that I had Level 3's for things such as guinea pigs, or duck feathers. My family had a guinea pig and I never had any issues that I was aware of. But, I have horrible reactions around cats and that wasn't on the list so I thought that was a bit odd.

What elimination plan did you implement (i.e. foods eliminated and/or changes in environment, timeframe, etc.)?

I went 2-3 weeks for some of the foods that I was concerned about and eliminated them from my diet to see the changes that occurred to my mental, physical, and emotional health. It was a good way to see if I was just overconsuming a certain food, or if it was on the list because I shouldn't eat it at all.

Describe condition and/or symptoms after the elimination plan.

I realized I had more energy throughout the day. I didn't change my sleeping schedule or exercise regimen. I also physically felt better and lighter. I'm pretty sure I look better too but I also attribute that to other personal changes / transformational factors that I was going through at the time.

What is your impression of the *5Strands® Affordable Testing* process and results of the elimination plan (i.e. length of time to receive results, customer service, value of information gained, etc.)?

The turnaround for my results were hella quick. The customer service is top notch (I personally know Austin and he was very helpful and quick to respond throughout the process).

I gained an awareness that what is considered "healthy" may not be what is best for each person individually. It shed some light on customized health and how valuable that can be for every person.

Other comments:

I deeply resonate with the philosophy / mission of this company. I think it is awesome that this company focuses on empowering the individual to hold themselves accountable for their health rather than relying on short term fixes that repeat on autopilot. (No shade towards people who have great intentions in the pharm industry, but maybe some shade toward the top of hierarchy)

I have a decent understanding of energy work and how the testing behind 5Strands can identify these intolerances. However, I would suggest that for the average customer, it may be helpful to describe what the numbers in the tables on the right column of results mean. Because numbers are often a tool for quantitative measures regarding validity and credibility, it may question some customers on why there are not any units.

Keep up the great work! I believe alternative/natural/ holistic medicine is only growing from here!! Best of luck – you have my sincere wishes for much success moving forward!