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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: Brooke H

Age and Sex: 25 year old female

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

I was carving a pumpkin last fall and broke out in a weird rash later that evening.

**Have you been to a physician and had a diagnosis? Yes/No** *Diagnosis:* I have not gone to a doctor regarding this yet. When I called, they told me it would cost over \$1,000 to do the allergy testing.

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

Nothing yet

What type of foods were you eating prior to testing (i.e. whole foods, processed foods etc.)? **My diet was not the best. I eat a lot of junk food and fast food.**

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

I was surprised to see a lot of the foods I was eating on my level 3 list. Not only did I have Pumpkin on my environmental report but also on my food report. It all makes sense to me now!

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

I decided to give it a try and eliminate just the items that were on my level 3 report. I did that for 6 weeks and I really started to notice the difference.

Describe condition and/or symptoms **after** the elimination plan.

After the 6 week elimination, I felt so much better. I was not as tired and achy as I had been. I just thought that was normal for me. Not anymore. Now I know how great I can feel, when I eat the right foods for me.

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 testing process was simple. Send in your hair and get an easy to read report. I know now that I can't handle pumpkin anymore unless I want to be miserable the next day! Thanks 5Strands Affordable Testing. This has clearly been an eye opener.

Other comments: