



595 Old Norcross Road, Ste D
Lawrenceville, GA 30046
833.600.8378
www.affordableallergytest.com
www.affordablepettest.com

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: [Christie Emery](#)

Age and Sex: [23, F](#)

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

[Bloating, irritation of the digestive system](#)

Have you been to a physician and had a diagnosis? Yes/[No](#) *Diagnosis:*

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

[Finger pricking self kit. Instead of going to a physician while in college, we chose a cheaper route with a self testing kit. The kit included a finger prick and paper to fill 5 small blocks with blood. It was a very difficult test to take— I'm fine when a doctor takes my blood, but it was difficult when I was trying to take the blood myself. My roommates even had to help me because I wasn't giving enough blood to fill the required amount for the test. 5 Strands uses hair strands and it is SO much better.](#)

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

[Lots of bread and dairy products](#)

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

[I learned I was intolerant to gluten and dairy products.](#)

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

[I eliminated 90% of gluten and dairy from my diet for about a year](#)

Describe condition and/or symptoms after the elimination plan.

[Now I can eat gluten and dairy more often without much discomfort.](#)

*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 test provides insight not just on food, but other environmental allergies as well. It provides information that one would otherwise have no way of discovering unless through trial and error.](#)