



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: [Elyse B](#)

Age and Sex: [24 Female](#)

Describe condition and/or symptoms before using *5Strands® Affordable Testing*. [Severe stomach issues and constipation](#)

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

Have you had any other testing done and if so, what type of testing? [No testing previously done](#)

What type of foods were you eating prior to testing (i.e. whole foods, processed foods etc.)? [Mostly fruits and veggies. Some meat every so often. \(not a true vegetarian\)](#)

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

[Was surprised to see that about half of the veggies and fruits I eat on a regular basis were on my level 3 and 2 results.](#)

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

[I went cold turkey \(no pun intended\) and eliminated all of my level 3 and level 2 food items for 8 weeks.](#)

Describe condition and/or symptoms after the elimination plan.

[I am now stomach ache free and go to the bathroom on a regular basis.](#)

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.)?

[This testing process was so simple and easy. The results came back within 5 days and was easy to understand. It was coded like a stop light. Can't get easier than that! The customer service team was very informative and helpful. They helped me break down my results and understand them further.](#)

Other comments:

[I would definitely recommend this to EVERYONE I know.](#)