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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: **Jake S.**

Age and Sex: **25, Male**

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

Starting around March I felt vaguely sick all the time! It started with headaches, joint soreness, some fatigue. It then got worse when I started also getting rashes all over my body, I had major fatigue and was falling asleep in work. I felt chronically bloated and started putting on a bunch of unhealthy weight. I had no idea what was going on. I tried sleeping more, tracking everything I ate, and tracking all my exercise to a T. I was still feeling terrible and my workouts were miserable. I also started getting sick ALL THE TIME. I had a sinus infection twice, the flu, and a cold.

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

I did not have a diagnosis other than a recommendation to drink less caffeine, because they couldn't find anything.

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

I went to some doctors that did full panels on me for a multitude of things, hormones, crohns, adrenal fatigue, blood cell count, ulcers.

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

Before I was feeling cruddy. I was eating foods that helped me feel well while for working out and staying lean. I recorded my macronutrients and was doing intermittent fasting as well. I was using my fitbit to track my calories burnt, and was eating less than I was burning, but after a while I was still gaining weight. I thought it might be the foods I was eating, so I went from eating processed foods a few times a week to never eating it! I thought I would see a change. I was eating spinach, egg whites, fruit, honey, oatmeal, ground beef, ground turkey. I was eating basically nothing else. All these foods I thought were "healthy" for me.

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

As I mentioned I ate spinach, egg whites, fruit, honey, oatmeal, ground beef, ground turkey. Once I got my test back I found that spinach, egg whites, some fruits, and honey were all on my list of things that I am very sensitive of. I also had this "zero calorie drink mix" that I found not only had a color additive I was sensitive to, but I also was sensitive to one of the sweeteners.

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

I chose to start by eliminating all the level 3 foods from my diet. I stopped a hand full of my level 2 foods too. The only one that was extremely hard to eliminate was citric acid.

Describe condition and/or symptoms after the elimination plan.

After one week my bloating was almost gone. It was by far the quickest symptom that stopped. After about 2 weeks my headaches started occurring less often. Then after about 3 weeks my workouts and sports started feeling enjoyable again. At about 3 weeks all my rashes were gone. At about a month I noticed that my headaches were gone and my fatigue was way better too! Before I started the food change, I had to try and plan a nap every day because I couldn't make it to the end of the day, because I would be too tired to do my evening things. At about 3.5 weeks I tried to take a nap a few times throughout that week and I couldn't even do it because I felt so energized. I would have a few tough days occasionally. I'm at about 2 months right now and the tired days are becoming less and less. It is almost down to one tired day in 2 weeks, when it was everyday almost all 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.)?

I am a guy who basically never reviews any product or service. I had to give my review for this company, because I am a business guy in my professional life, and I believe that that best companies for service, quality, and value should make it to the top. This is my sole reason for giving feedback. I also give this feedback as well as posting on my social media account with no incentives from the company, solely because I have had a great experience. I got the results back so quickly! I also asked about the details within my test and the foods on it. results by email a couple times and I got responses back within 24 hours and a couple times within hours!