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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: **Julie C.**

Age and Sex: **50, Female**

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

I was having frequent headaches/migraines. I was also bloated and constipated quite often. I also have problems with stuffy nose and congestion at times. My skin stayed dry, especially on my face, which made it difficult to wear makeup, and I had frequent breakouts.

*Have you been to a physician and had a diagnosis? **Yes/No** Diagnosis: *Other than the migraines, I have not been to a physician about my possible intolerances or causes for the conditions I described. I have been diagnosed with migraines, and given prescription drugs to take when a headache occurs.**

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

I had allergy tests about 20 years ago with an allergy doctor. I was told the usual things can cause my stuffy nose, and yearly bouts of bronchitis; such as ragweed, tree pollen, pet dander, etc.

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

I ate just about anything! I love any kind of bread item (rolls, biscuits), and meat of most any kind. We eat out a lot, often drive-thru foods. I drink a lot of water and unsweet tea.

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

I first looked for the foods which I know are migraine triggers, such as nuts, MSG, and artificial sweeteners. I did find those on my intolerance list, but was surprised that they weren't a level 3 intolerance, instead of 1's and 2's. I was surprised to find many of the foods I eat quite often on a level 2 for me: chicken, white potatoes, and squash. And, at level 3 I saw turkey, which is what I've been substituting for red meat for a very long time, along with milk, oatmeal, many fruits, and breads! ....There goes most of what I eat.

I laughed to myself when I saw chocolate on all 3 levels, which meant I really need to avoid it. And as I thought back, I realized that there have been many times over the years when I eat a very rich, chocolate food, my lips and tongue will tingle. I always chalked it up to the chocolate being so rich and sweet, but apparently it was an intolerance; and maybe even teetering on an allergy. I have always been a heavy chocolate eater until the last 2 years, when I started dieting and cutting back on sugary foods, and I only eat chocolatey sweets now and then.

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

I eliminated chocolate for good since it was a high risk intolerance for me. I also eliminated the fruits and vegetables at level 2 and 3, which limited my diet a great deal. I'm a big meat-eater, so it was difficult to eliminate the meats, so instead, I cut back a great deal. I only ate chicken and tuna (level 2 foods) sporadically.

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

The biggest change for me was in the condition of my skin! I'm sorry I didn't take any before pictures to compare, but the dry skin problem is gone, and I rarely have even a pimple! My skin is clear and smooth for the first time in a very long time! Also, I have noticed slight positive changes in my bloating and constipation issues. It only happens now when I reintroduce too much milk or dairy products (eggs & milk). The most interesting thing I've noticed is how chocolate truly affects me. After eliminating it all together, I wanted to see what would happen if I eat it again. And each time I would eat a candy bar, or a chocolate dessert, I would either start feeling the tingling in my lips, or I would notice a sudden "draining" feeling of my body. I would feel as though I had been drugged, as strange as it sounds. I would get very sleepy and lethargic! Also, there were times when I would have a breakout on my face a day after eating chocolate. I hate to say it, but it looks like chocolate will have to go. The migraines still come, but I can always trace them back to nuts, peanuts, or at times, the weather ☺

*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 was absolutely pleased with the promptness of getting the test results, and Lauren was quick to answer any questions I had in helping me to understand the results. I am so glad I had this testing done, because now, I am much more aware of what I eat and how it could affect my body. There were so many foods on my list of results that I would have never dreamed I had an intolerance to. It has changed the way I eat, and especially how I pay attention to my body.