



## 5Strands® Affordable Testing Case StudyOutline

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: *Luis Delgado*

Age and Sex: *32 Male*

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

*My symptoms varied from swelling knees to headaches and sometimes over sleeping. Sleeping is not that bad: unless you have mountains of work and your body and mind are not cooperating. Oversleeping caused me a lot of stress.*

*Have you been to a physician and had a diagnosis?*

*I have never been diagnosed with a physician*

*Have you had any other testing done?*

*I have never done any other type of testing*

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

*Before 5Strand affordable testing, I was eating too much processed food, alcohol and spicy snacks or chips.*

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

*My results from the 5Strands test was overwhelming a first, but after consciously reading through the results I found myself in connection with my habits and I was able to pinpoint exactly where the root of my swelling joints came from and even found some other items like my fabric softener which was causing me an intolerance. This made sense why I was sleeping so much... it was like my body was losing control over my sleeping habits...*

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

*After reading my results I was able to change the fabric softener in my sheets and that's where I saw the biggest change in my life. After that I cut down on the processed food and the spicy food.*

Describe condition and/or symptoms after the elimination plan.

*After eliminating the items in red on my report, I saw a huge change in my environmental awareness. I would wake up earlier with lots of energy. It was like an awakening bliss. After a couple of weeks of changing my habits, I was able to eat spicy food again, in moderation of course. After making those changes, I took the 5Strands test again and I noticed that I no longer had an intolerance to spicy food YAY!*

What is your impression of the 5Strands® Affordable Testing process and results of the eliminate on plan (i.e. length of me to receive results, customer service, value of information gained, etc.)?

*After taking multiple tests from 5Strands, I learned that my body is constantly trying to find balance in the food I consume and the items in my surroundings. 5strands helps me visualize things that sometimes are invisible to my physical reality. It enlightened my awareness of the items that are affecting my body and allows me to find patterns and be proactive to them. All for the greater good of my lifestyle. Thank you 5Strands!!!*