

Name: Madison Koegel

Age and Sex: 22, Female

Describe condition and/or symptoms before use: My sleep quality was absolutely awful. I would wake up multiple times throughout the night and have the hardest time actually falling asleep. My acne on my chin was flaring up more than it ever has before. My skin was very irritated and inflamed. And finally, I just didn't feel great.

Have you been to a physician or had a diagnosis: No.

Have you had any other testing done: No.

What type of foods were you eating prior to testing: I was definitely eating more processed foods with little to no nutrients and much added sugar. Carbs is definitely my weakness so I was eating more bread than needed. I was in the beginning stages of eating more nutrient-dense foods but I was still eating processed and/or packaged foods for the convenience.

Describe the results of testing: I figured out that I have a major intolerance to all the chemicals and ingredients used to make much of our processed foods. I had intolerances for clear liquors like vodka, gin and rum. Many fruits that I had been eating much of like strawberries and grapes I had an intolerance too as well! And of course bread and other grains showed up.

What elimination plan did you implement: I decided to eliminate as much processed food as I could and eliminated many, if not all, foods on my red and yellow list. It was difficult at first but once I found a rhythm it was easy to follow. I tried to make it positive. Instead of thinking of what I COULDN'T eat I thought about what I COULD eat.

Describe condition and/or symptoms after the elimination plan: My skin cleared up SO WELL! That made me the most happy! I noticed my sleep quality increased. I feel asleep so easily each night and stayed asleep much longer. Combining this testing with strength training I toned up very nicely and I had better workouts because I wasn't fatigued all the time.

What is your impression: I do not have one bad thing to say about this intolerance testing company and their processes. They were so kind to me and answered every question I threw at them. The results of my test came within a few days making great time, and I love that I will always have my results with me to continue looking back on in the future.

