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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: Melissa S.

Age and Sex: 51, Female

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

Itchy and dry skin, eczema, and occasional diarrhea.

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

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

I had sample taken from my severe eczema to make sure it was not psoriasis.

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

I was eating basically anything I wanted. A lot of processed foods. Sometimes whole foods.

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

I was a little bit surprised about me being intolerant to apples because I eat them occasionally and enjoy them a lot.

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

I have been eating more whole foods and eliminated my processed foods. I have specifically cut out boxed processed cereals. I drastically have cut back on soda.

Describe condition and/or symptoms after the elimination plan.

I am definitely less bloated. My skin and complexion is much better. I have less acne and breakouts.

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.)?

The testing process was extremely easy with only having to pull some hair. The information I received is very thorough. It is amazing how much information I received just through my hair. The customer service was great! My results were ready very quickly.

Other comments:

Such a thorough test, and I really learned a lot. It is amazing!