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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: **Shelby Trusty**

Age and Sex: **Female, 28 years**

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

*Itchy eyes and skin breakouts*

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

**NO**

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

**NO**

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

*Everything including processed foods*

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

*I have something like 500 allergens that I reacted to, mainly dogs and lactose.*

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

*I stopped drinking milk.*

Describe condition and/or symptoms after the elimination plan.

*My face cleared up and I noticed that my eyes don't itch when I 'm not around dogs.*

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.)?

*Very valuable info-it's always interesting to learn something new especially when its about yourself!*