



5Strands® Affordable Pet Testing Case Study Outline

We appreciate your feedback regarding your experience with 5Strands® Affordable Pet Testing! Please also provide a before and after photo of your pet! We understand 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.

Pet's Name: Sargeant

Pet's Breed & Sex: Male German Shepherd

Describe condition of pet and/or symptoms before using *Affordable Testing*.

Almost every spring since I have had him, 3 years, he has a strong allergic reaction and develops hot spots and will lick and bite himself until he is raw or even bloody. The itching and licking also seems to come and go and never fully resolve itself. I had been told that he had a wheat allergy, which is one thing he actually is not allergic to, but I felt like I needed more answers because I hated seeing him suffer.

What type of food was your pet eating prior to testing (i.e. kibble, raw, frozen, freeze dried, etc.)?

All different kinds of kibble. Always blindly trying different ingredients to see if they would improve his symptoms. He got different kinds of canned foods sometimes too. I also like giving him raw vegetables and fruits as an immune boost. However, I found out some of these raw treats I was giving him were actually allergens. Carrots and bananas are actually not good for him to have!

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

I was very overwhelmed at first, but I have just done as much as I can make work and as much as I can afford consistently since I got the test results.

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

One I had a lot of trouble with is dandelions and different grasses and weeds. I tend to walk my dog in wooded areas and in trails so this changed our walks a bit; more paved paths. I bought a hemp dog collar to get away from Nylon. I changed his bed and the material of blankets in my home. I focused on the first 5 ingredients of all food and treats. If they didn't contain any 'red' allergens, and few 'brown's and 'green's allergens, then it passed. The raw fruits and vegetables he gets now is very limited. He doesn't ever get any human food now. He has been enjoying blueberries this summer.

Describe condition of pet and/or symptoms after the elimination plan.

His skin issues have completely healed and while he still itches sometimes, he has not had any raw spots since we've started changing the home and food.

What is your impression of the *Affordable Testing* process and results of the elimination plan (i.e. length of time to receive results, quality of customer service, value of information gained, etc.)?

It gave me some much needed guidance when I felt like I was blindly trying allergy remedies. I didn't know if there was a solution. To have something to focus on has helped. I would have to give it a year to see if there is truly a change because his allergies tend to flare up seasonally