



595 Old Norcross Road, Ste D
Lawrenceville, GA 30046
833.600.8378
www.5Strands.com

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: **Von**

Age and Sex: **30, Female**

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

Before testing with 5Strands Affordable Testing, I was experiencing eczema flare-ups, bloating and inflammation, digestive issues, low energy and acne break-outs.

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

Yes, I have dyshidrotic eczema.

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

Yes, I have taken a microbiome test with Viome to test my gut microbiome.

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

I did not have many limitations as to what I was and was not consuming. I ate both whole foods items and processed foods.

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

At a first glance, my test results were a bit much, but when I sat down and cross-referenced my Level 3 items, it was not as bad as it initially seemed. Not only were there items on my Level 3 test results that I do not like, but there were also items on there that I do not normally eat. Also, a lot of the extra items on my Level 3 test results were additives and preservatives, which I know is in processed foods.

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

With that being said, there were items that I definitely knew I needed to eliminate like dairy, gluten, alcoholic beverages and wine. I also decided to reduce the amount of processed foods and incorporate more fresh, whole foods that did not show up on my Level 3 or Level 2 lists.

My plan for the elimination period was to stop consuming the foods that I was currently eating that showed up on my Level 3 list as well as reduce consumption of some of the Level 2 items that I eat on a regular basis. I focused on eating foods from my Level 1 list or foods that did not show up on my test results at all for about 6 weeks.

After the 6 week elimination period, I began to consume dairy first (I love it!), and then gluten a few days later to see how my body reacted to each food item. Then I slowly began to add other foods that I had eliminated.

Describe condition and/or symptoms after the elimination plan.

After the elimination period, I could tell that if a food item did not agree with me, I would know within a few hours because my body would react then or not react at all. I tried different kinds of dairy (cheeses, ice cream, etc.) to see exactly which ones my body could then process, and which ones my body still needed to take a break from. If the food was not favorable for me, I would get digestive issues like gas/bloating, loose bowels, or my body would not feel energized.

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.)?

I am glad my body knows more immediately which foods work best in my body's favor. This helps keep me on track as far as sticking to the foods that I know will help me feel my best. I like how this test clearly states which foods my body should stay away from and which foods I could continue to consume. I also like how I was able to receive my test results quickly, the outstanding customer service I received when I needed help with my test results, and the fact that the elimination is temporary.

I am glad that this test could not only give me these helpful guidelines, but that it also made me more conscientious of what I'm eating, and it showed me that I could take more control of my health in a more natural, inexpensive way!