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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: Zac Campbell

Age and Sex: 24 year old male

Describe condition and/or symptoms before using *5Strands® Affordable Testing*. Have had terrible heartburn and reflux

Have you been to a physician and had a diagnosis? Yes/No Diagnosis: No have just been eating a lot of tums and other types of ant-acids.

Have you had any other testing done and if so, what type of testing? Not at this time

What type of foods were you eating prior to testing (i.e. whole foods, processed foods etc.)? I was eating just about any kind of food. I am in the military so I could not be too picky.

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

when I received the results, it showed that I was intolerant to different breads, milk, cheddar cheese, venison, and of all things beer!

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

I eliminated all of the food items on my level 3 list and just after a few short weeks, I was not suffereing from heartburn and reflux anymore.

Describe condition and/or symptoms after the elimination plan.

I have been heartburn free and do not have to eat tums all day long.

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 would recommend this test to anyone having heartburn or digestive issues. It has really made a big difference in my life. The company has awesome customer service and a very knowledgeable staff. I have now been able to modify my lifestyle to accomodate my nutritional needs.

Other comments: