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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:** Blake B

**Age and Sex:** 24 year old male

**Describe condition and/or symptoms before using *5Strands® Affordable Testing*.** Had several rounds of accutane and still having constant break outs especially on back

**Have you been to a physician and had a diagnosis? Yes/No** *Diagnosis:* Yes Have gone to dermatologist and regular doctor multiple times

**Have you had any other testing done and if so, what type of testing?** Had blood testing for homonal imbalances done

**What type of foods were you eating prior to testing (i.e. whole foods, processed foods etc.)?** I ate pretty much whatever I felt like and drank alot of soda.

**Describe the results of *5Strands® Affordable Testing* (i.e. number and/or examples of items reported as intolerances, insight gained, etc.).** The results showed that I was intolerant to alot of additives in processed foods and soda and mos of the regular food items I was eating on a regular basis.

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

I stopped eating processed foods and sodas.

**Describe condition and/or symptoms after the elimination plan.**

Within 3 weeks of just eliminating the soda and processed foods, my skin has staarted to clear up.

**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 is the simplest and easiest test I have ever done. The results were emailed promptly and were easy to read and understand. I am amazed at the difference in my skin with only eliminating some of the items on my list. When I get motivated enough, am curious to see how much better it will be when I eliminate the rest!

**Other comments:**

So glad I took this test! It really has made a difference in my skin and how I feel. Great customedr service too!

**Contact Name/Phone:**

(Only your 1<sup>st</sup> name will be used if/when your story is shared with the public by *5Strands® Affordable Testing*.)