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Have you been to a physician and had a diagnosis?

No

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

No, I have not

Before taking the 5Strands test I would honestly eat whatever I wanted and that included Chick Fil A, Zaxbys, sandwiches and any other junk food that looked delicious. In the moment of consuming that food, it was amazing but the consequences afterwards started to become unbearable. I would have AWFUL stomach/gas pains that would cause me to hunch over and gasp for air because it hurt so bad to even inhale. At night, I would lay awake crying and praying the pain would pass. I wasn't sure where the cause of these pains came from but I noticed that the symptoms occurred shortly after I would eat a meal.

I started to look online to see what the causes could potentially be and I was convinced that a main problem was Gluten. This is very hard to avoid because almost everything that I consumed contained Gluten as an ingredient.

I had heard about 5Strands before on Instagram from a long-time friend and co-founder of the company, Austin Collins. I decided to reach out to him to gain more knowledge about the company and the process of detecting intolerances. He gladly informed me about their strategy on taking a hair sample to test it against hundreds of items that one's person could possibly come in contact with.

After our discussion, I decided to take the test for myself because I really had nothing to lose and I was desperate for an answer. When I received my results, I was almost reluctant to find that Gluten was a Level 3 food intolerance. The surprising part was how long my list of intolerances were, meaning I typically consumed the same foods every week without any variety to my diet. This was the first step in the right direction for me because now I had a better understanding of what foods I needed to stay away from for a while. It also challenged me to grow outside of my comfort zone and to try new foods and expand my taste buds.

Now I'm happy, pain-free and healthy! Once I received my results, I became more aware of what I was putting into my body and how I reacted to it. I decided to change up my diet that now consists of a variety of vegetables and fruits, which I never used to consume, as well as many other healthy goodies.

Thank you 5Strands for all of your help!! I'm so grateful that I was able to find the answers that I was desperately searching for. I highly recommend your company to anyone having heartburn, digestive issues, or anybody that wants to start taking better care of themselves. It has truly made a major difference in my life.