



595 Old Norcross Road, Ste D
Lawrenceville, GA 30046
833.600.8378
www.affordableallergytest.com
www.affordablepettest.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: Steve S.

Age and Sex: 56, Male

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

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

Have you had any other testing done and if so, what type of testing?
No

What type of foods were you eating prior to testing (i.e. whole foods, processed foods etc.)?
Fast food, processed foods. Some whole foods that I grow in my garden.

Describe the results of *5Strands® Affordable Testing* (i.e. number and/or examples of items reported as intolerances, insight gained, etc.).
I was surprised about my heavy metals and minerals testing. I had high amounts of lithium which I believe may be from projects I do or skin products. I was also very surprised that green beans showed up, but I learned that this is due to overconsumption.

What elimination plan did you implement (i.e. foods eliminated and/or changes in environment, timeframe, etc.)?
I cut back on eating fast food and processed foods so that I could eat more whole foods that I am not intolerant to.

Describe condition and/or symptoms after the elimination plan.
I am experiencing less diarrhea.

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 felt that the process was very quick. The detail of information was very inclusive.

Other comments:

It would be awesome if there were additional information on the results based on personalized test results. Other than that, I'm very impressed with the information I received with 5Strands Affordable Testing.