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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: **Krista Woodward**

Age and Sex: **53, F**

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

Severe Eczema on both hands. After 6-7 months the rash started to spread up my arms

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

Chiropractor, Naturopath/, Accupuncturist. Diagnosis-possible liver problems or leaky gut syndrome

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

Food allergy Testing

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

Mostly whole foods-cooked vegetables-some chicken and fish

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

1 ½ pages of level 3 category food intolerances, many of which I was eating such as chicken, cooked cauliflower, raw carrots, raw celery, lentils, blueberries, pineapple, raspberries, & beef.

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

I went to a nutritionist who told me to eat protein (pork & turkey) and healthy fats and whatever vegetables weren't on my intolerance list

Describe condition and/or symptoms after the elimination plan.

Incredible! Within one week, I saw remarkable improvement on the eczema.

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.)?

Everything was excellent! Results received via email at 8 days and improvement within a few days of elimination.

Thank you! I was desperate from eczema and itching and couldn't find relief anywhere.

Krista