

# Your Holistic Health Journey Starts Here

#### **Congratulations on receiving your 5Strands results!**

- This functional health assessment identifies food & environmental intolerances rather than true allergies (immune system response).
- It will also identify vitamin/mineral imbalances the body is experiencing.
- Intolerances are temporary and can be influenced by diet, stress, hormones, & more.

These results provide valuable insights to guide you to make informed decisions.

- The food results are not meant to be your forever diet.
- These results will offer guidance in identifying potential triggers that may be causing physical symptoms.
- The vitamin & minerals results will identify which nutrients are not being absorbed properly.

HOW TO READ YOUR RESULTS



REVIEW YOUR RESULTS



ACTIONS TO TAKE



RETEST IN 6 MONTHS



# **How To Read Your Results**

# **Intolerances**

#### **Grey:**

No significant intolerance was detected. These items are not expected to cause discomfort or an adverse reaction. There is no need for avoidance.

#### **Green:** (Level 1)

Mild intolerance was detected. Any symptoms are unlikely to be noticeable. Consume these foods in rotation and moderation, and minimize environmental exposure if possible.

#### Yellow: (Level 2)

Moderate intolerance was detected. Symptoms may be starting to affect day to day life, indicating a more noticeable symptom. It is recommended to avoid these food and environmental items during your elimination period.

#### Red: (Level 3)

Severe intolerance was detected.
Symptoms may have already physically manifested and require immediate attention. It is recommended to avoid these food and environmental items for 6-8 weeks.

# Vitamins & Minerals

#### **Grey:**

No significant imbalance was detected. Your body may be properly absorbing these nutrients.

#### Green: (Level 1)

Mild imbalance was detected. Your body is showing signs of a mild inability to absorb these nutrients.

#### Yellow: (Level 2)

Moderate imbalance was detected. Your body is showing signs of a moderate inability to absorb these nutrients.

#### Red: (Level 3)

Severe imbalance was detected. Your body is experiencing a severe inability to absorb these nutrients and you may even be experiencing physical symptoms from this.



Sensitivity & Imbalances Test December 29, 2023

	Nutrition									
		FVBW	Vitamin A (retinyl palmitrate)			C44U	AA - Essential - Isoleucine			
LEVEL 1		56YW	Vitamin B1 (thiamine)			GP6E	AA - Essential - Leucine			
		NQG4	Vitamin B10 (PABA)			DJDA	AA - Essential - Lysine			
		59TC	Vitamin B11 (salicylic acid)			3BNK	AA - Essential - Methionine			
		KSVT	Vitamin B12 (cobalamin)	LEVEL 2		5AKR	AA - Essential - Phenylalanine			
LEVEL 3		FZHD	Vitamin B13 (orotic acid)			6A2E	AA - Essential - Threonine			
		MQAZ	Vitamin B2 (riboflavin)	LEVEL 2		MXMJ	AA - Essential - Tryptophane			
LEVEL 3		EPAM	Vitamin B3 (niacin)			E7JE	AA - Essential - Valine			
		JBT8	Vitamin B4 (adenine)	LEVEL 3		YDEU	AA - Non-essential - Alanine			
		JA6Y	Vitamin B5 (pantothenic acid)			K4XH	AA - Non-essential - Arginine			
LEVEL 1		QS2M	Vitamin B6 (pyridoxine)			Y4CX	AA - Non-essential - Asparagine			
		ST65	Vitamin B7 (biotin)			JXWC	AA - Non-essential - Aspartic Acid			
LEVEL 1		QHQM	Vitamin B8 (myo-inositol)			XUJG	AA - Non-essential - Cysteine			
		D7TQ	Vitamin B9 (folic acid)	LEVEL 2		JBA9	AA - Non-essential - Cystine			
		E5QE	Vitamin C (ascorbic acid)			XQUA	AA - Non-essential - Glutamic Acid			
		WWH U	Vitamin Choline			C7ZJ	AA - Non-essential - Glutamine			
LEVEL 1	•	3WE2	Vitamin D2 (ergocalciferol)			RZJS	AA - Non-essential - Glycine			
		QFN2	Vitamin D3 (cholecalciferol)			52XX	AA - Non-essential - Ornithine			
		TGW9	Vitamin E (alpha-tocopherol)			YF6T	AA - Non-essential - Proline			
		WB6P	Vitamin K1 (phylloquinone)			CNZF	AA - Non-essential - Serine			
		4WJG	Vitamin K2 (menaquinone)	LEVEL 2		JFVA	AA - Non-essential - Taurine			
		GQKQ	AA - Essential - Histidine			MNTB	AA - Non-essential - Tyrosine			



Sensitivity & Imbalances Test December 29, 2023

	Nutrition Nutrition									
		XE5H	Element - Lithium			Q3JE	Misc - Bioflavonoids (anthoxanthins)			
LEVEL 1		97C8	Essential Mineral - Calcium			U9KV	Misc - Fluoride			
LEVEL 2		C3YC	Essential Mineral - Magnesium			XFRN	Misc - Gamma Aminobutyric Acid (GABA)			
		BT64	Essential Mineral - Phosphorus			YRUT	Misc - Glutathione			
		VJ84	Essential Mineral - Potassium	LEVEL 3		Q4UF	Misc - Melatonin			
		YY4B	Essential Mineral - Silica	LEVEL 3		3E2R	Misc - S-Adenosyl-L-Methionine (SAMe)			
		GVDC	Essential Mineral - Sodium			QE83	Trace Mineral - Boron			
		XFWC	Essential Mineral - Zinc Orotate			RX9U	Trace Mineral - Chloride			
		BC2G	Fatty Acid - Alpha-linolenic Acid (omega 3)	LEVEL 2		9WV5	Trace Mineral - Chromium			
		2SFS	Fatty Acid - Arachidonic Acid (omega 6)			2WXB	Trace Mineral - Cobalt			
		JX6D	Fatty Acid - Docosahexaenoic Acid (DHA omega 3)			V3JE	Trace Mineral - Copper			
LEVEL 3		UBV3	Fatty Acid - Eicosapentaenoic Acid (EPA omega 3)	LEVEL 3		DSU9	Trace Mineral - Germanium			
		BRBE	Fatty Acid - Erucic Acid (omega 9)	LEVEL 2		7RR7	Trace Mineral - Iodine (aqueous)			
		MVFA	Fatty Acid - Gamma-linolenic Acid (GLA omega 6)			8BUG	Trace Mineral - Iron			
		5YJB	Fatty Acid - Lecithin	LEVEL 2		EEAJ	Trace Mineral - Manganese			
		3CNN	Fatty Acid - Linoleic Acid (omega 6)			NNT6	Trace Mineral - Molybdenum			
		AMN5	Fatty Acid - Oleic Acid (omega 9)			MVMB	Trace Mineral - Selenium			
		GBZB	Ionic Mineral - Nickel			EREU	Trace Mineral - Silicon			
	•	3A28	Ionic Mineral - Strontium	LEVEL 3		W4NX	Trace Mineral - Sulfur			
LEVEL 1		8AQ7	Ionic Mineral - Vanadium							



Sensitivity & Imbalances Test December 29, 2023

	Environmental Environmental Environmental Environmental Environmental Environmental Environmental Environmental									
LEVEL 2		S35P	Alder (Alnus glutinosa)			7ZQ7	Clover (Triofolium spp.)			
LEVEL 2		WK24	Apple Tree		•	AC64	Cotton			
LEVEL 1	•	F55Z	Ash Tree (Fraxinus excelsior)	LEVEL 2	•	47QV	Currant bush			
		KCM5	Aspen Tree (Populus tremula)	LEVEL 3	•	SF5C	Dahlia (Dahlia hybrida)			
		K2TP	Aster			3ZFB	Dandelion (Taraxum duplidens)			
LEVEL 2		2TYP	Barley (Hordeum vulgare)	LEVEL 2		2923	Dead nettle			
LEVEL 2		MHVS	Bee	LEVEL 1		QX2C	Deer Epithelium			
		MZSG	Beech Tree (Fagus silvatica)	LEVEL 1		G369	Dock (Rumex acetosa)			
LEVEL 1		X8MQ	Bermuda grass (Cynodon dactylon)		•	GD2B	Dog Dander			
		XX4Z	Birch Tree	LEVEL 1	•	C6R8	Dog Saliva			
LEVEL 3		6T76	Bovines		0	5WQK	Downy Birch Tree			
LEVEL 1		VKAU	Buckwheat			CWG W	Duck feathers			
LEVEL 2	•	XQGB	Buttercup (Ranculus spp.)	LEVEL 3	•	ZS7A	Elder (Sambucus nigra)			
LEVEL 2		KS96	Canary Feathers	LEVEL 3	•	7FNG	Elm Tree			
		RXD9	Cat Dander			V75A	European Beech Tree			
		R3MM	Cat Saliva			36BU	European Lime Tree			
LEVEL 2		NKSE	Centipede Grass	LEVEL 3	•	5C3B	False acacia (Robinia pseudacacia)			
	•	6EMU	Chamomile (Matricaria chamomilla)			KA38	Ferret Epithelium			
LEVEL 3		GH9Y	Cherry tree	LEVEL 3	•	SK5N	Fireweed (Epilobium angustifolium)			
LEVEL 3		NF53	Chicken Droppings		•	SJ3R	Goats			
		YHRJ	Chicken Feathers		•	YP45	Golden hamsters			
		CF9C	Chrysanthemum (C. morifolium)	LEVEL 1	•	D6KG	Goldenrod (Solidago virgaurea)			



Sensitivity & Imbalances Test December 29, 2023

	Environmental									
LEVEL 3		YDKJ	Goose feathers	LEVEL 2		CVEH	Marguerite (Leucanthemum vulgare)			
LEVEL 3		PQDR	Guinea pigs			PPWG	Meadow fescue (Festuca pratensis)			
LEVEL 1		JMMX	Hawthorn (Crataegus spp.)	LEVEL 2		56CY	Meadow fox tail (Alopecurus prat.)			
		MNBM	Hazel (Corylus avellana)			7QK2	Melde (Artiplex spp.)			
LEVEL 1		V36W	Hop (Humulus lupulus)			U3AN	Mice			
LEVEL 1		22KJ	Hornbeam (Carpinus betulus)			X8UF	Mistletoe			
LEVEL 2		G5EE	Horse chestnut (Aesculus hippocastanum)	LEVEL 2		KZEH	Mosquito			
		A8E5	Horses	LEVEL 1		5CTT	Mugwort (Artemisia vulgaris)			
		GYG8	House Dust Mite	LEVEL 1		ZGHD	Mulberry			
		TBJT	Hyacinth (Endymion non scriptus)	LEVEL 1	•	59WN	Narcissus (Narcissus spp.)			
LEVEL 2		DFVE	Japanese Cedar	LEVEL 1	•	57UX	New Belgian Aster (aster novi belgii)			
		TYM4	Japanese Millet	LEVEL 2		3DZC	Nylon			
		GZZ7	Jasmine (Philadelphus spp.)	LEVEL 1	•	CSXF	Oak Tree (Quercus robur)			
LEVEL 3		ACYV	Juniper Bush	LEVEL 1		UCRE	Oats (Avena sativa)			
		BVT6	Kammgras (Cynosurus cristatus)	LEVEL 2		UPFU	Orchard grass (Dactylis glomerata)			
		WJTN	Kentucky bluegrass (Poa pratensis)			9WTT	Parrot Feathers			
LEVEL 1		PGCQ	Laburnum (Laburnum anagyroides)	LEVEL 2		GSEK	Pear tree			
		XU4F	Larch (Larix decidua)			YB65	Perennial ryegrass (Lolium perenne)			
LEVEL 1	•	U5RR	Leather	LEVEL 3		AGVB	Pigeons			
LEVEL 3		KVUT	Lilac (Syringa vulgaris)			3FMY	Pigweed (Chenopodium album)			
		2BN6	Lupine (Lupinus polyphyllus)			YYWJ	Pine Tree (Pinus spp.)			
LEVEL 2		XY3Y	Maize (Zea mays)			GGDK	Pine, Scottish (Pinus sylvestris)			



Sensitivity & Imbalances Test December 29, 2023

			Enviror	nmental		
		EVNM	Plane tree (Platanus acerifolia)		TGUU	Stinging nettle (Urtica dioica)
LEVEL 3		K29Y	Plantain (Plantago major)	LEVEL 3	YKZP	Tamarisk (Myrica sp.)
LEVEL 2		WT2B	Poplar Tree (Populus spp.)	LEVEL 3	NT6V	Tansy ragwort (Senecio jacobaea)
LEVEL 3		7GYM	Primrose (Primulus)	LEVEL 3	8UWS	Thistle
LEVEL 2		ACW4	Privet (Ligustrum spp.)	LEVEL 1	7HUU	Timothy Grass Pollen
		C3KZ	Quackgrass		H42W	Tobacco Smoke
		55UW	Rabbits		6M37	Trespe (Bromus mollis)
LEVEL 3		XJ8W	Ragweed (Ambrosia elatior)		3K79	Tulip (Tulipa spp.)
LEVEL 3	•	KAJ8	Rape (Brassica napus)	LEVEL 2	UH5J	Velvet grass (Holcus lanatus)
LEVEL 1		ZV64	Rats	LEVEL 2	2UMY	Wallflower (Cheiranthus cheiri)
		DJXF	Red fescue (Festuca rubra)	LEVEL 1	5NYT	Walnut Tree
		TBTD	Ribwort (Plantago lanceolata)		4SD5	Wasp
LEVEL 2		59AS	Rose (Rosa spp.)	LEVEL 3	3Q4E	Water reed (Phragmites communis)
LEVEL 2		YPQN	Rubber	LEVEL 1	HYQJ	Wheat (Triticum aestivum)
		V2RE	Rye Grass	LEVEL 3	WUB W	Wild oat (Avena fatua)
		3MD3	Scotch heather (Calluna vulgaris)	LEVEL 2	B9Q7	Willow Tree (Salix vitellina)
		MVNH	Silk		ZE6Z	Wool
LEVEL 3		9K9R	Spelt	LEVEL 3	VNXQ	Wormwood (Artemisia absinthium)
		SVU3	Spruce Tree (Picea abies)			



Sensitivity & Imbalances Test December 29, 2023

	Food								
		XR9C	Beverage - Apple Juice	LEVEL 2		DD23	Beverage - Tea (yerba mate)		
	•	XJDG	Beverage - Beer			НАЗК	Beverage - Tequila		
LEVEL 1		Z9BR	Beverage - Coffee (black)			M2Z3	Beverage - Vodka		
LEVEL 1		X5CW	Beverage - Cola			EN8T	Beverage - Wine (red)		
		3HUS	Beverage - Cranberry Juice			XPAC	Beverage - Wine (white)		
LEVEL 2		XVNM	Beverage - Gin			M5GJ	Dairy - Buttermilk		
LEVEL 3		A2TQ	Beverage - Milk (almond)	LEVEL 1		UXDT	Dairy - Cheese (cheddar)		
LEVEL 3		BYXT	Beverage - Milk (cashew)	LEVEL 2		AVUY	Dairy - Cheese (feta)		
		JPNX	Beverage - Milk (coconut)	LEVEL 1		8MCR	Dairy - Cheese (mozzarella)		
LEVEL 2		GM9U	Beverage - Milk (oat)	LEVEL 3	•	2CG8	Dairy - Cheese (parmesan)		
LEVEL 3		59NZ	Beverage - Milk (soy)	LEVEL 1		JBJK	Dairy - Cheese (swiss)		
LEVEL 3		2VVQ	Beverage - Orange Juice	LEVEL 2		6RQ5	Dairy - Cream		
LEVEL 1		PM7F	Beverage - Pineapple Juice	LEVEL 2		SMAV	Dairy - Cream Cheese		
LEVEL 3		HW72	Beverage - Pomegranate Juice	LEVEL 3		K38M	Dairy - Milk (cow)		
LEVEL 3		YZMD	Beverage - Rum	LEVEL 2		SQP5	Dairy - Milk (goat)		
LEVEL 2		HEJF	Beverage - Tea (black)	LEVEL 3		G3FN	Fat - Avocado Oil		
LEVEL 3		8TQE	Beverage - Tea (chamomile)	LEVEL 2		8SNN	Fat - Butter		
	•	TVNJ	Beverage - Tea (earl grey)	LEVEL 3		7H8V	Fat - Canola Oil		
	•	NKNM	Beverage - Tea (green)	LEVEL 3		FD9H	Fat - Coconut Oil		
LEVEL 2		U4MY	Beverage - Tea (jasmine)	LEVEL 3		NMZK	Fat - Cod Liver Oil		
LEVEL 2		4K7T	Beverage - Tea (oolong)	LEVEL 2		BP5N	Fat - Corn Oil		
LEVEL 2		FCY2	Beverage - Tea (rooibos)	LEVEL 1		7X3N	Fat - Olive Oil		



Sensitivity & Imbalances Test December 29, 2023

		Fo	od			
LEVEL 1	YCSM	Fat - Sunflower Oil	LEVEL 2		8M3G	Fruit - Lemons
LEVEL 2	N26A	Fruit - Apple (fuji)	LEVEL 3		HGXZ	Fruit - Lime
	ZVTQ	Fruit - Apple (gala)	LEVEL 3		5M46	Fruit - Olives (black)
	RN3J	Fruit - Apple (golden delicious)	LEVEL 1		CTEY	Fruit - Olives (green)
LEVEL 1	FB5A	Fruit - Apple (honey crisp)			WHE4	Fruit - Oranges
	QW8D	Fruit - Apple (jazz)	LEVEL 1		EDKS	Fruit - Peaches
LEVEL 2	D7WM	Fruit - Apple (pink lady)			F3RX	Fruit - Pears
	YWEH	Fruit - Apricots	LEVEL 1		PFPY	Fruit - Pineapples
LEVEL 1	DMED	Fruit - Bananas	LEVEL 3	•	PJ6M	Fruit - Pomegranates
	R85V	Fruit - Blackberries	LEVEL 3	•	JAEE	Fruit - Raisins
	XSM5	Fruit - Blueberries	LEVEL 2		K9V2	Fruit - Raspberries
LEVEL 1	FPXY	Fruit - Cherries			QUPH	Fruit - Strawberries
LEVEL 2	UBBS	Fruit - Coconut			VKY8	Fruit - Tomatoes (cooked)
LEVEL 3	3XNP	Fruit - Cranberries			YR7T	Fruit - Tomatoes (raw)
LEVEL 2	C7YJ	Fruit - Dates	LEVEL 3	•	7M8U	Fruit - Watermelons
	6H3X	Fruit - Figs			4FXH	Grain - Barley
	R8UU	Fruit - Grapefruit (pink)			8P9R	Grain - Buckwheat
	C5RN	Fruit - Grapefruit (white)	LEVEL 2		XE88	Grain - Corn Flour (maize)
LEVEL 2	256X	Fruit - Grapes (red)	LEVEL 1	•	XXW8	Grain - Couscous
	52WQ	Fruit - Grapes (white)			H4NG	Grain - Farro
	RW5J	Fruit - Honeydew Melon	LEVEL 2		2X7S	Grain - Flaxseed
LEVEL 3	B4EF	Fruit - Kiwis	LEVEL 1	•	TAZ4	Grain - Millet



Sensitivity & Imbalances Test December 29, 2023

	Food									
		VHRS	Grain - Oat	LEVEL 2		2QWJ	Protein - Bacon			
		AR52	Grain - Quinoa	LEVEL 3	•	Q59H	Protein - Beef			
		E2C4	Grain - Rice (brown)	LEVEL 1	•	66M3	Protein - Bison			
LEVEL 1		44F7	Grain - Rice (white)	LEVEL 3		Z3EB	Protein - Chicken			
LEVEL 1		3SAB	Grain - Rice (wild)	LEVEL 2		W5F5	Protein - Duck			
LEVEL 1		99KR	Grain - Rye			ZRSU	Protein - Egg white (chicken)			
		ZNP9	Grain - Wheat			N4R6	Protein - Egg white (duck)			
LEVEL 1		6KFA	Misc - Soy Sauce	LEVEL 2	•	PWQ5	Protein - Egg yolk (chicken)			
LEVEL 3	•	8HQK	Misc - Tapioca	LEVEL 1	•	QZRD	Protein - Egg yolk (duck)			
LEVEL 1		QZ9W	Misc - Vinegar (clear)			G4WQ	Protein - Goose			
LEVEL 2		ZUR6	Misc - Vinegar (malt)			NMSB	Protein - Lamb			
		S24X	Nuts - Almond			WUYF	Protein - Liver (beef)			
LEVEL 1		9TRP	Nuts - Brazil Nuts	LEVEL 2		3JPY	Protein - Liver (chicken)			
		853B	Nuts - Cashew Nuts	LEVEL 3	•	3VZ8	Protein - Pork			
		33CE	Nuts - Chestnuts	LEVEL 1	•	YPWQ	Protein - Rabbit			
LEVEL 3		HRSJ	Nuts - Hazelnuts			F5J3	Protein - Soy			
LEVEL 2		6PB6	Nuts - Macadamia Nuts	LEVEL 2		N8BU	Protein - Tofu			
		X29F	Nuts - Peanut Butter	LEVEL 3	•	UZ8T	Protein - Turkey			
		XC7W	Nuts - Peanuts	LEVEL 1	•	5DFU	Protein - Veal			
LEVEL 2		S6DK	Nuts - Pecans			N8RV	Protein - Venison			
LEVEL 2		JZCH	Nuts - Pine Nuts	LEVEL 2		UGHM	Seafood - Clams			
LEVEL 1		XJ58	Nuts - Walnuts			AB9G	Seafood - Cod			



Sensitivity & Imbalances Test December 29, 2023

	Food									
		59QF	Seafood - Crayfish	LEVEL 3	•	YN3Q	Spice - Cardamom			
LEVEL 2		TUSU	Seafood - Eel	LEVEL 3	•	J25B	Spice - Cinnamon			
LEVEL 3		8EF9	Seafood - Flounder			VQ5Z	Spice - Cloves			
LEVEL 3		GGHF	Seafood - Haddock			QN6H	Spice - Cumin			
		BZJP	Seafood - Halibut			3PCA	Spice - Dill			
LEVEL 3		8UU5	Seafood - Lobster			E2M2	Spice - Ginger			
LEVEL 1		79EU	Seafood - Mackerel			SMRF	Spice - Mint			
		9N3T	Seafood - Mahi-mahi	LEVEL 3		BCNM	Spice - Nutmeg			
		ZFCJ	Seafood - Oyster	LEVEL 3		FQ9T	Spice - Paprika			
LEVEL 1		Н8Н8	Seafood - Pollock			EZJB	Spice - Parsley			
		7Q9F	Seafood - Salmon		•	EQBY	Spice - Pepper (black)			
LEVEL 3		F5B3	Seafood - Sardine		•	UUR7	Spice - Pepper (red/ cayenne)			
LEVEL 3		WJ87	Seafood - Shrimp		•	K899	Spice - Rosemary			
LEVEL 1		JAA7	Seafood - Snapper	LEVEL 1	•	BB9E	Spice - Sage			
LEVEL 2		ABGH	Seafood - Sole		•	NMP6	Spice - Salt (table)			
LEVEL 3		QMB W	Seafood - Tilapia			KKNN	Spice - Sesame			
		DQCC	Seafood - Trout	LEVEL 3		BK47	Spice - Thyme			
		M9M4	Seafood - Tuna			5RA5	Spice - Turmeric			
LEVEL 3		4YZG	Spice - Aniseed	LEVEL 2		RXJT	Sweetener - Agave			
		E4QY	Spice - Basil	LEVEL 2	•	DJKD	Sweetener - Honey			
		7W5M	Spice - Bay Leaf	LEVEL 3		HWUP	Sweetener - Maple Syrup			
LEVEL 1	•	GHDW	Spice - Caraway	LEVEL 1	•	Q5B8	Sweetener - Molasses			



Sensitivity & Imbalances Test December 29, 2023

			Fo	od			
		FN85	Sweetener - Sugar (brown)			PG8Q	Veg - Celery (cooked)
LEVEL 3	•	4C7Q	Sweetener - Sugar (cane)	LEVEL 2		PU8V	Veg - Celery (raw)
LEVEL 1		AZ28	Sweetener - Sugar (white)	LEVEL 1	•	MJ62	Veg - Corn
		R6DT	Veg - Artichoke	LEVEL 2	•	EGU4	Veg - Cucumber
LEVEL 3		Q36H	Veg - Asparagus	LEVEL 3	•	3XMJ	Veg - Garlic (cooked)
		8EW5	Veg - Aubergine (eggplant)	LEVEL 3	•	HXMB	Veg - Garlic (raw)
		HRGR	Veg - Beans (broad)	LEVEL 3	•	AGYY	Veg - Leek
LEVEL 1		Z8NU	Veg - Beans (green)			4FGY	Veg - Lentils
LEVEL 3		Y855	Veg - Beans (lima)	LEVEL 1	•	TK4M	Veg - Lettuce (butter)
LEVEL 1	•	3PV6	Veg - Beans (red kidney)			89NJ	Veg - Lettuce (chicory)
LEVEL 1		GQXT	Veg - Beets	LEVEL 1	•	4A8E	Veg - Lettuce (escarole)
LEVEL 1	•	XHV3	Veg - Bell Pepper (green) (cooked)	LEVEL 3	•	DVFD	Veg - Lettuce (iceburg)
LEVEL 2		AH2M	Veg - Bell Pepper (green) (raw)	LEVEL 3	•	HZSX	Veg - Lettuce (romaine)
LEVEL 3		CDXK	Veg - Brussel Sprouts	LEVEL 3	•	PRHP	Veg - Mushroom (button)
LEVEL 1		2J8C	Veg - Cabbage (red) (cooked)		•	89QA	Veg - Mushroom (chestnut)
		VCYS	Veg - Cabbage (red) (raw)	LEVEL 3	•	MMSE	Veg - Mushroom (oyster)
LEVEL 1		DS7S	Veg - Cabbage (white) (cooked)	LEVEL 2		CDYQ	Veg - Mushroom (portabella)
LEVEL 3	•	UW92	Veg - Cabbage (white) (raw)	LEVEL 2	•	ER98	Veg - Mushroom (shiitake)
		HURA	Veg - Carrots (cooked)	LEVEL 2		TTFW	Veg - Onions (cooked)
LEVEL 2		JDHE	Veg - Carrots (raw)	LEVEL 2	•	RCH5	Veg - Onions (raw)
		NQ24	Veg - Cauliflower (raw)	LEVEL 1	•	J8EM	Veg - Peas (field)
LEVEL 1		S3AD	Veg - Caulifower (cooked)	LEVEL 2		46CR	Veg - Peas (garden)



Sensitivity & Imbalances Test December 29, 2023

	Food								
LEVEL 3	•	7UQ3	Veg - Pepper (habanero)	LEVEL 2	•	PGSP	Veg - Spinach (cooked)		
		WP6U	Veg - Pepper (jalapeno)	LEVEL 3	•	94MX	Veg - Spinach (raw)		
		Z4UA	Veg - Pepper (pepperoncini)			3SW4	Veg - Squash (butternut)		
		VX9Z	Veg - Potatoes (sweet)	LEVEL 2	•	9X82	Veg - Squash (yellow)		
LEVEL 3	•	JZ8Q	Veg - Potatoes (white)			5TBU	Veg - Squash (zucchini)		
LEVEL 2	•	TSGK	Veg - Pumpkin			NC9C	Veg - Turnip		
		KVV3	Veg - Radish			ZBJH	Veg - Yuca (cassava)		

# **Actions To Take: Intolerances**

# **Food**

- Elimination Phase (6-8 weeks): During this phase, you will remove all Level 3 and Level 2 reactive foods, as well as any known allergens, from your diets. Start with the grey-listed foods to construct your diet during this period. Do not eat anything that was not tested during this time.
- Monitoring and Symptom Reduction: Watch for any improvements in your symptoms during the elimination phase. If symptoms lessen or subside, it suggests that the eliminated foods might have contributed to the issues.
- Reintroduction Process: After the elimination phase, you can begin reintroducing foods one at a time. Add back a single reactive food item into your diet. Consume that item a few times during the week. This process is crucial in helping you finalize a diet plan that suits your long term needs.
- Symptom Monitoring: Look for any adverse reaction or symptoms after reintroducing a food. If there are no intolerance symptoms, you can continue consuming the reactivated food in moderation. If you show any sign of symptoms, discontinue the food, and move on to the next reintroduction.
- Consider All Factors: Keep in mind that the source of symptoms might not be limited to just the protein source. Many processed foods could also contribute to reactions.
- Variety and Moderation: Learn to develop an eating pattern where you consume foods in moderation and rotation. This approach can help reduce the risk of sensitivities developing.

# **Environmental**

- Prioritize Level 3 Items: Level 3 items are the ones that you are more intolerant to. These are the items that you should try to minimize your exposure to as much as possible.
- O2 Identify Potential Sources: Examine various aspects of your environment, including your bedding, furniture, cleaning products used at home, and outdoor elements like grasses, pollens, bushes, and nearby trees.
- Reduce Outdoor Exposure: If you spend time outdoors, especially in areas where potential triggers are present, consider wiping your shoes with a damp cloth or changing your clothes. This can help remove allergens like pollen and decrease the likelihood of transferring them indoors.
- Purpose Of The Test: The 5Strands Environmental Intolerance Test is designed to help you gain a better understanding of your body and become more aware of your sensitivities. This awareness will empower you to make informed choices about the environment and substances you expose yourself to.
- Adhere To Guidelines: You can proactively take steps to create a more comfortable and healthier environment for yourself. This personalized approach to self care can lead to enhanced well-being and potentially lessen the impact of environmental triggers on your health.

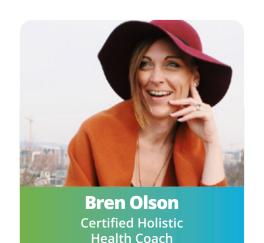
If you have a known allergy, it may not show up on your results as reactive. 5Strands does not contradict the presence of a food allergy, it just means that you don't have an intolerance to that food. You can have an allergy to a food item, but not be intolerant to it. If the known allergen doesn't show up as reactive in the report, it doesn't mean you should consume that food item or expose yourself to it.

# **Actions To Take: Imbalances**

# **Vitamins & Minerals**

- Nutrient Absorption & Intolerances: The Vitamins & Minerals Imbalance Test reveals your potential absorption and nutrient utilization issues. Intolerances to certain foods can trigger cellular inflammation which also hinders proper nutrient uptake.
- **Effect On Supplements:** When taking supplements, consider your body's efficiency in absorbing synthetic nutrients, especially if you have intolerances or imbalances. We recommend choosing natural supplements derived from whole foods, plants, or herbs whenever possible.
- Difference From Blood Testing: Unlike traditional blood tests measuring physical nutrient presence in the blood, the 5Strands test assesses the body's ability to properly absorb nutrients, omitting reference ranges found in traditional blood test results.
- The Preemptive Nature Of Bioresonance Testing: 5Strands' bioresonance testing proactively identifies imbalances before they manifest physically, potentially preventing health issues.
- Diet & Supplements: Prioritize a healthy diet comprising non-intolerant whole foods for optimal nutrient intake. If you take supplements, opt for those sourced from natural elements like whole foods, plants, or herbs to avoid synthetic additives that challenge the body's processing abilities.

# **Consultation**



If you're feeling uncertain about how to proceed or need more personalized guidance, booking a consultation with Bren Olson could be a valuable option. This consultation would likely involve discussing your specific situation, reviewing your test results, and receiving expert advice on selecting appropriate foods specifically for your needs.

**LEARN MORE** 

# **Need Help**

#### **Contact 5Strands**



**Call Us** +1 (833) 600-8378



Email Us info@5strands.com

# **Upgrade Your Results**

Order within 30 days to use the same hair sample and skip the collection process. Your results will be available in just 3 business days.



**SHOP NOW** 

Disclaimer: 5Strands® Affordable Testing does not make medical diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your doctor or other qualified health providers regarding medical conditions, symptoms or questions. Never disregard professional medical advice or delay in seeking it because of something you have read in 5Strands® Affordable Testing materials. If you think you may have an emergency, call your doctor or seek emergency services immediately. Please note that 5Strands does not make recommendations on detox protocols and or products.

