

# Your Holistic Health Journey Starts Here

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

- This functional health assessment will offer guidance in identifying environmental intolerances rather than true allergies (immune system response).
- 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 results will offer guidance in identifying potential triggers that may be causing physical symptoms. HOW TO READ YOUR RESULTS



REVIEW YOUR RESULTS



ACTIONS TO TAKE



RETEST IN 6 MONTHS



# **How To Read Your Results**

# Intolerances



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



**Mild intolerance was detected.** Any symptoms are unlikely to be noticeable. You may keep a moderate exposure to these environmental items.

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 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 exposure to these environmental items for 6-8 weeks.

# **Actions To Take: Intolerances**

#### **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.
- 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.



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|---------------------------------------|
| <b>Environmental Intolerance Test</b> |
| December 29, 2023                     |

|         | Environmental Environmental Environmental Environmental Environmental Environmental Environmental Environmental |      |                                  |         |   |      |                                       |  |  |
|---------|---|------|----------------------------------|---------|---|------|---------------------------------------|--|--|
|         |   | NYZJ | Acrylic Fabric                   | LEVEL 3 | • | XJ7W | Cedar Tree                            |  |  |
| LEVEL 1 | •   | EF4F | Alder (Alnus glutinosa)          |         |   | ERF9 | Centipede Grass                       |  |  |
| LEVEL 2 |   | CJK4 | Apple Tree                       | LEVEL 2 | • | J23E | Chamomile (Matricaria chamomilla)     |  |  |
|         |   | T9UY | Ash Tree (Fraxinus excelsior)    | LEVEL 1 | • | N43R | Cherry tree                           |  |  |
| LEVEL 2 |   | 7EJK | Aspen Tree (Populus tremula)     |         |   | UU7Y | Chicken Droppings                     |  |  |
| LEVEL 3 |   | Q6CC | Aster                            |         |   | QP3Y | Chicken Feathers                      |  |  |
|         |   | FE48 | Baby's Breath                    | LEVEL 3 |   | C3X3 | Chrysanthemum (C. morifolium)         |  |  |
| LEVEL 2 |   | 2FBK | Bamboo                           | LEVEL 3 |   | 2UDS | Clover (Triofolium spp.)              |  |  |
|         |   | EPH9 | Barley (Hordeum vulgare)         | LEVEL 2 |   | FBAB | Colonial bent grass (Agrostis tenuis) |  |  |
| LEVEL 3 |   | BAK4 | Bee                              |         |   | FK75 | Cotton                                |  |  |
| LEVEL 2 |   | SWGP | Beech Tree (Fagus silvatica)     | LEVEL 3 |   | BPNT | Cottonwood                            |  |  |
|         |   | VKSV | Bermuda grass (Cynodon dactylon) | LEVEL 3 |   | JNM2 | Currant bush                          |  |  |
| LEVEL 1 |   | 4W63 | Birch Tree                       |         |   | SUE8 | Cypress Tree                          |  |  |
|         |   | 68TX | Blue Spruce                      | LEVEL 2 | • | RGP2 | Dahlia (Dahlia hybrida)               |  |  |
| LEVEL 2 |   | QN67 | Bovines                          |         | • | C9ZB | Daisy                                 |  |  |
| LEVEL 2 |   | SAYW | Box Elder                        |         | • | PDNH | Dandelion (Taraxum duplidens)         |  |  |
| LEVEL 3 |   | Y3F9 | Bradford Pear Tree               | LEVEL 3 | • | GCH3 | Dead nettle                           |  |  |
| LEVEL 3 | •   | 32P5 | Buckwheat                        |         | • | Y4EQ | Deer Epithelium                       |  |  |
|         |   | BGJV | Buttercup (Ranunculus spp.)      | LEVEL 2 | • | CGPE | Dock (Rumex acetosa)                  |  |  |
| LEVEL 1 | •   | J8QF | Canary Feathers                  | LEVEL 3 | • | YYDV | Dog Dander                            |  |  |
| LEVEL 2 |   | XHPY | Cat Dander                       |         |   | 3QYG | Dog Saliva                            |  |  |
| LEVEL 3 | •   | S3WN | Cat Saliva                       |         |   | RHR3 | Dogwood Tree                          |  |  |



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|         | Environmental |      |                                    |         |  |      |   |  |  |
|---------|---------------|------|------------------------------------|---------|--|------|---|--|--|
| LEVEL 1 | •             | FNZ8 | Douglas Fir Tree                   | LEVEL 2 |  | 7WJW | Hop (Humulus lupulus)                   |  |  |
| LEVEL 3 | •             | K87X | Downy Birch Tree                   |         |  | HQZR | Hornbeam (Carpinus betulus)             |  |  |
| LEVEL 1 |               | W2AB | Duck feathers                      |         |  | C5WU | Horse chestnut (Aesculus hippocastanum) |  |  |
|         |               | KMQD | Elder (Sambucus nigra)             | LEVEL 2 |  | WK6W | Horses                                  |  |  |
| LEVEL 2 |               | X2EV | Elm Tree                           |         |  | JDCX | House Dust Mite                         |  |  |
| LEVEL 3 |               | WW66 | European Beech Tree                |         |  | GH32 | Hyacinth (Endymion non scriptus)        |  |  |
| LEVEL 2 |               | 2G29 | European Lime Tree                 |         |  | PCKX | Japanese Millet                         |  |  |
| LEVEL 1 |               | 4FMT | False acacia (Robinia pseudacacia) | LEVEL 3 |  | HC9C | Jasmine (Philadelphus spp.)             |  |  |
|         |               | ZY4E | Ferret Epithelium                  | LEVEL 3 |  | G8F8 | Juniper Bush                            |  |  |
| LEVEL 1 |               | B6AG | Fireweed (Epilobium angustifolium) | LEVEL 3 |  | 62YH | Kammgras (Cynosurus cristatus)          |  |  |
| LEVEL 2 |               | JF8H | Fleece                             | LEVEL 3 |  | H5CK | Kentucky bluegrass (Poa pratensis)      |  |  |
|         |               | DVEH | Fox Epithelium                     |         |  | SJ7Y | Laburnum (Laburnum anagyroides)         |  |  |
| LEVEL 2 |               | D4B3 | Goats                              | LEVEL 2 |  | BSUD | Larch (Larix decidua)                   |  |  |
| LEVEL 3 |               | D8WP | Golden hamsters                    | LEVEL 2 |  | DFFY | Latex                                   |  |  |
| LEVEL 1 |               | CKT7 | Goldenrod (Solidago virgaurea)     |         |  | J7KM | Leather                                 |  |  |
|         |               | VBYX | Goose feathers                     |         |  | JXV4 | Lilac (Syringa vulgaris)                |  |  |
| LEVEL 2 |               | KMVH | Guinea pigs                        |         |  | HF8D | Linen                                   |  |  |
|         | •             | 62NW | Gumball Tree                       |         |  | VWU2 | Lupine (Lupinus polyphyllus)            |  |  |
|         |               | 5ZGF | Hawthorn (Crataegus spp.)          |         |  | BKBD | Maize (Zea mays)                        |  |  |
| LEVEL 3 |               | J4XU | Hazel (Corylus avellana)           | LEVEL 1 |  | 5VVJ | Maple Tree (Acer sepp.)                 |  |  |
| LEVEL 2 |               | EEZY | Hemp                               | LEVEL 1 |  | 8M68 | Marguerite (Leucanthemum vulgare)       |  |  |
|         |               | MYDV | Hickory Tree                       | LEVEL 3 |  | N2JF | Meadow fescue (Festuca pratensis)       |  |  |



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|         | Environmental En |      |                                       |         |  |      |                                     |  |  |
|---------|--|------|---------------------------------------|---------|--|------|-------------------------------------|--|--|
|         |  | 8VBB | Meadow fox tail (Alopecurus prat.)    | LEVEL 2 |  | 7CFT | Oats (Avena sativa)                 |  |  |
|         |  | U3E3 | Melde (Artiplex spp.)                 | LEVEL 2 |  | RMXX | Orchard grass (Dactylis glomerata)  |  |  |
|         |  | MNPF | Mice                                  |         |  | ZA82 | Palm Trees                          |  |  |
| LEVEL 3 | •  | HFWF | Mistletoe                             | LEVEL 2 |  | XTGQ | Parrot Feathers                     |  |  |
| LEVEL 1 |  | HJZJ | Mold (Alternaria)                     | LEVEL 1 |  | 3FXN | Pear tree                           |  |  |
|         |  | MYAN | Mold (Aspergillus)                    |         |  | 8KEJ | Perennial ryegrass (Lolium perenne) |  |  |
| LEVEL 2 |  | BWA2 | Mold (Aureobasidium)                  | LEVEL 1 |  | Q8GW | Pigeons                             |  |  |
| LEVEL 1 |  | NYZP | Mold (Chaetomium)                     | LEVEL 2 |  | J5HG | Pigweed (Chenopodium album)         |  |  |
|         |  | TRBX | Mold (Mucor)                          | LEVEL 2 |  | K3MR | Pine Tree (Pinus spp.)              |  |  |
|         |  | 4ES9 | Mold (Penecillium)                    |         |  | F3UA | Pine, Scottish (Pinus sylvestris)   |  |  |
| LEVEL 2 |  | HK7U | Mold (Serpula)                        |         |  | 8EQ8 | Plane tree (Platanus acerifolia)    |  |  |
| LEVEL 3 |  | N3VU | Mold (Stachybotrys)                   | LEVEL 1 |  | FZD6 | Plantain (Plantago major)           |  |  |
|         |  | D98E | Mold (Trichoderma)                    | LEVEL 2 |  | Q2HP | Polyester                           |  |  |
| LEVEL 1 |  | EBVZ | Mold (Ulocladium)                     |         |  | 6CC4 | Polyethylene                        |  |  |
|         |  | DPUJ | Mosquito                              | LEVEL 1 |  | 9NAX | Polyethylene Terephthalate          |  |  |
| LEVEL 2 |  | PDFW | Mountain Cedar Tree                   |         |  | Z4VJ | Polypropylene                       |  |  |
| LEVEL 3 |  | QPAP | Mugwort (Artemisia vulgaris)          | LEVEL 3 |  | MJPW | Polystyrene                         |  |  |
| LEVEL 2 |  | 5WAG | Mulberry                              | LEVEL 1 |  | 6W5V | Polyvinyl Chloride                  |  |  |
| LEVEL 2 |  | M54Z | Narcissus (Narcissus spp.)            |         |  | SQ6A | Poplar Tree (Populus spp.)          |  |  |
| LEVEL 3 |  | NH42 | New Belgian Aster (aster novi belgii) | LEVEL 1 |  | YSZ8 | Primrose (Primulus)                 |  |  |
|         | •  | K6MS | Nylon                                 | LEVEL 1 |  | RG4B | Privet (Ligustrum spp.)             |  |  |
| LEVEL 1 | •  | PZUY | Oak Tree (Quercus robur)              | LEVEL 2 |  | Q2A5 | Quackgrass                          |  |  |



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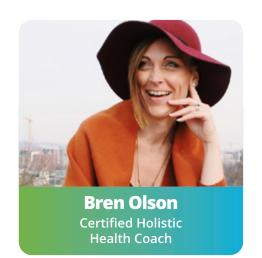
|         | Environmental |      |  |         |   |      |                                  |  |  |
|---------|---------------|------|--|---------|---|------|----------------------------------|--|--|
|         |               | 49BX | Rabbits                                    |         |   | 9CTG | Tamarisk (Myrica sp.)            |  |  |
|         | 0             | F4QT | Ragweed (Ambrosia elatior)                 | LEVEL 1 | • | N34R | Tansy ragwort (Senecio jacobaea) |  |  |
|         | •             | GYHE | Rape (Brassica napus)                      | LEVEL 1 | • | JTWJ | Thistle                          |  |  |
|         | •             | 8ESM | Rats                                       |         |   | EVHK | Timothy Grass                    |  |  |
|         | •             | 3SRS | Rayon                                      | LEVEL 2 |   | VJJD | Tobacco Smoke                    |  |  |
| LEVEL 2 | •             | G9F2 | Red fescue (Festuca rubra)                 |         |   | A499 | Trespe (Bromus mollis)           |  |  |
|         | •             | 6W2K | Ribwort (Plantago lanceolata)              | LEVEL 3 |   | TTTV | Tulip (Tulipa spp.)              |  |  |
| LEVEL 1 |               | BCQW | Rose (Rosa spp.)                           | LEVEL 2 |   | W7AH | Velvet                           |  |  |
| LEVEL 3 |               | 36H8 | Rubber                                     |         |   | S545 | Velvet grass (Holcus lanatus)    |  |  |
|         | •             | JKUC | Rye Grass                                  | LEVEL 2 |   | VD96 | Violets                          |  |  |
| LEVEL 3 |               | 8BSY | Sagebrush                                  |         |   | V5F7 | Wallflower (Cheiranthus cheiri)  |  |  |
| LEVEL 1 | •             | M4CW | Sawgrass                                   |         |   | E55H | Walnut Tree                      |  |  |
|         |               | M5ZR | Scotch heather (Calluna vulgaris)          | LEVEL 2 |   | 9K4Z | Wasp                             |  |  |
|         | •             | ZKRQ | Sequoia Tree                               |         |   | ASK7 | Water reed (Phragmites communis) |  |  |
|         | •             | 322M | Silk                                       | LEVEL 1 |   | 8XNJ | Wheat (Triticum aestivum)        |  |  |
|         |               | F3YE | Spandex                                    |         |   | FCWM | Wild oat (Avena fatua)           |  |  |
| LEVEL 1 | •             | 87SD | Spelt                                      |         |   | QUGH | Willow Tree (Salix vitellina)    |  |  |
| LEVEL 2 |               | M6CK | Spruce Tree (Picea abies)                  | LEVEL 1 |   | 6799 | Wool                             |  |  |
|         | •             | U6CR | St. Augustine Grass                        |         |   | FECW | Wormwood (Artemisia absinthium)  |  |  |
| LEVEL 3 | •             | 8DYR | Stinging nettle (Urtica dioica)            |         |   | CKF6 | Zoysia Grass                     |  |  |
| LEVEL 1 | •             | 63NH | Sunflower Helianthus Annuus                |         |   | BAUF | E 1201 Polyvinylpyrrolidone      |  |  |
|         | •             | NPYZ | Sweet vernal grass (Anthoxanthum odoratum) | LEVEL 3 |   | H8N8 | E 1202 Polyvinyl polypyrrolidone |  |  |



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|         | Environmental Environmental |      |  |         |   |      |   |  |  |
|---------|-----------------------------|------|--|---------|---|------|---|--|--|
| LEVEL 1 | •                           | D22R | E 212 Potassium benzoate, benzoic acid                     | LEVEL 1 |   | JDTN | E 536 Potassium ferrocyanide                      |  |  |
|         |                             | 4US4 | E 216 Propyl-para-hydroxybenzoate (PHB Ester)              |         |   | 364B | E 551 Silicon dioxide (silica)                    |  |  |
| LEVEL 3 | •                           | JPYF | E 230 Biphenyl, Diphenyl                                   |         |   | WJXU | E 553 a Magnesium silicate, Magnesium trisilicate |  |  |
|         |                             | MDKX | E 231 Orthophenylphenol                                    | LEVEL 3 |   | EPZ2 | E 553 b Talc                                      |  |  |
| LEVEL 3 | •                           | NHQ6 | E 232 Sodium orthophenylphenate, Orthophenylphenol         | LEVEL 1 |   | 4CD3 | E 554 Aluminium Sodium silicate                   |  |  |
|         | 0                           | 9TBG | E 235 Natamycin  |         |   | 2WC4 | E 559 Aluminium silicate (Kaolin)                 |  |  |
| LEVEL 2 |                             | E5GH | E 284 Boric acid   | LEVEL 1 | • | VYUN | E 575 Glucono-delta-lactone                       |  |  |
| LEVEL 3 | •                           | KNGW | E 285 Sodium tetraborate, Boric acid                       | LEVEL 3 |   | HQ56 | E 576 Sodium gluconate                            |  |  |
| LEVEL 1 |                             | GZTW | E 290 Carbon dioxide, carbonic acid                        | LEVEL 3 |   | 7VEB | E 900 Dimethylpolysiloxane                        |  |  |
| LEVEL 2 |                             | GEMC | E 385 Calcium sodium ethylene diamine tetra-acetate (EDTA) |         |   | XFXG | E 914 Polyethylene wax oxidates                   |  |  |
| LEVEL 3 | •                           | X95M | E 413 Tragacanth   | LEVEL 2 |   | UYZM | E 939 Helium                                      |  |  |
|         |                             | YYAU | E 491 Sorbitan monostearate                                |         |   | PK83 | E 941 Nitrogen                                    |  |  |
| LEVEL 2 |                             | SBKX | E 504 Magnesium carbonate, Mhydrogen carbonate             |         |   | МҮ7В | E 942 Di-nitrogen monoxide                        |  |  |
| LEVEL 1 | •                           | 4XE7 | E 516 Calcium sulphate                                     | LEVEL 1 |   | K6ZV | E 999 Quillaia extract                            |  |  |
| LEVEL 3 |                             | F9U7 | E 528 Magnesium hydroxide                                  |         |   |      |   |  |  |

#### **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**





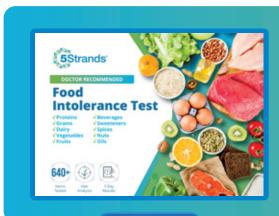
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