5Strands®
**AFFORDABLE**
Testing

# 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: Lydia D.**

**Age and Sex:  27, Female**

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

**Bloating and difficulty losing weight.**

*Have you been to a physician and had a diagnosis?* <mark>Yes</mark>/No

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

**Tested thyroid, cortisol, metabolic panel, etc.**

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

**Whole foods; meat (chicken, turkey, and fish); veggies; fruit; whole-grains; dairy; some alcohol (wine and liquor); mostly everything ☺**

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

**I had 103 level 3 food items! Way more than I was expecting. There were several items that I ate on a daily basis.**

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

**I reduced or eliminated most of my commonly ate level 3 food items. E.g. green tea, OJ, vanilla extract, white sugar, runner beans, etc.**

*Describe condition and/or symptoms <u>after</u> the elimination plan.*

**I have slowly started losing weight, and have had less bloating, especially the puffiness around my face!**

*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.)?*

**Lauren was amazing to work with, and I loved the format of the intolerance testing.**

**-Lydia D.**