



How to Interpret Your Horse's Test Results

The following report lists all items tested by 5Strands. Intolerances are temporary imbalances causing physical symptoms in an effort to communicate discomfort in your horse's diet or environment. By making adjustments to their food consumption and surroundings, it can allow their body time to resolve & rebalance any intolerances.

Each item we test for is exposed to the hair sample provided and measures 1 of 4 responses:

Level 3 (red)	These items are considered severe intolerances. Symptoms are usually noticeable.
Level 2 (yellow)	These items are considered moderate intolerances. Symptoms are sometimes noticeable.
Level 1 (green)	These items are considered mild intolerances. Symptoms are usually not noticeable, and the triggers can be affecting the body at a cellular level.
Insignificant Response (grey)	These items did not meet the threshold that is set for a response.

Food Intolerance Report	Environmental Intolerance Report
<ul style="list-style-type: none"> • This food report is to be utilized as an outline for the 2-6 month elimination plan. Please note that after reviewing your horse's level 3 intolerance results, it may not be the hay, grain or pasture source that is causing your horse's symptoms. It could be all the synthetic additives and fillers that are in their commercial feed or supplements. You will need to decide if you should switch their diet to a new horse feed or customizing a mixed feed instead. It can be difficult to find a horse feed or supplement that does not have all of the additives in it but it's not impossible. • The elimination plan is the process of removing the food items that created an intolerance in your horse. To start this process it will be a gradual transition, typically lasting 5 to 7 days, replacing 25% of the feed every other day until reaching the full amount of the new feed. This will be the same time frame for switching grains and hay while turning pastures will require to increase their turnout time by 1 to 2 hours per day until reaching the desired time. • Once you have completed the 6 month elimination period and your horse's symptoms have subsided, you can begin the reintroduction process. • The reintroduction process is where you add a once offending food item back into their nutrition plan. You should add the old feed containing the offending food item back into their nutrition plan following the same transition process as previously done. If they consume the new feed and do not experience any intolerance symptoms, then you can continue feeding it in moderation. If you give your horse the feed containing the offending food item and notice a symptom, keep in mind that you can still continue to feed this to them in the future, but you may deal with undesirable symptoms. • It is always best to monitor your horse's symptoms before, during and after the rebalancing process to track their improvements. 	<ul style="list-style-type: none"> • Try to avoid exposing your horse to the items on their intolerance list to the best of your abilities. Spend your time and attention focusing on the level 3 items primarily. • Take into consideration their bedding materials and fabrics, your products in horse stables, the chemical solutions you use, the trees, grasses, and pollen where you live, and the other animal dander they may come in contact with. • It will be impossible to fully remove certain environmental items out of their life, but reducing their exposure to these items will help them experience less intolerance symptoms. • The intention of the 5Strands Environmental Intolerance Test is to be more in tune with what their body is telling you, and to make conscious choices about what environmental items you surround them with. <p style="text-align: center; font-style: italic;">Please remember that we are testing for Intolerances which are non-immune system responses. Symptoms or reactions can take up to 48 hours or longer to appear. With 5Strands method of testing, you do not have to have ingested the food item for it to register as an intolerance.</p>



How to Interpret Your Horse's Test Results

The following report lists all the nutrition items tested by 5Strands. This test will indicate your horse's inability to absorb and process each particular nutrient tested. Each item we test for is exposed to the hair sample provided and measures 1 of 4 responses:
Please note that every horse is different and symptoms may vary by level and severity.

Level 3 (red)	These items are considered severe imbalances. Your horse's body will have a severe inability to absorb these item
Level 2 (yellow)	These items are considered moderate imbalances. Your horse's body will have an intermediate inability to absorb these items.
Level 1 (green)	These items are considered mild imbalances. Your horse's body will have a mild inability to absorb these items.
Insignificant Response (grey)	These items did not meet the threshold that is set for a response. Your horse's body may properly absorb these items.

Nutrition Report

- This nutrition report will indicate the nutrients your horse's body is not absorbing, whether it is from food or supplements.
- Just because they are consuming foods that are rich in a particular nutrient, it does not mean that their body is absorbing the nutrients properly. Consuming foods that they are intolerant to can cause inflammation and in turn prohibit their body's cells from absorbing the needed nutrients.
- The same goes for taking a supplement; just because you added a supplement into their daily nutrition plan, it does not mean that their body is actually absorbing it and utilizing it.

What do I do with this information?

- Feeding them a healthy diet by consuming whole foods that their body is not intolerant to is the best way to ensure their body is receiving the proper nutrients.
- Our website provides definitions for each nutrient, what whole foods provide the nutrient, and the bodily function each nutrient has.
- Instead of adding a synthetic supplement to assist them in increasing their intake, attempt to feed this nutrient in a wide variety of whole foods. Their body often does not know what to do with a synthetic vitamin or supplement, and therefore does not absorb or process it properly.
- If you do decide to give your horse a supplement, make sure it is as close to natural as possible.
- Please note that this nutrition test will not show a reference range for each item tested as with blood testing. It is unique to 5Strands.
- It is not providing a physical measurement of the amount of nutrients in the body. Bioresonance testing is preemptive to blood testing. It will register imbalances before they manifest into a physical issue.



How to Interpret Your Horse's Test Results

The following report lists all metals & mineral items tested by 5Strands. This test will indicate your horse's body's ability to process and eliminate each item tested. Each item we test for is exposed to the hair sample provided and measures 1 of 4 responses:
Please note that every horse is different and symptoms may vary by level and severity.

Level 3 (red)	These items are considered severe imbalances. Your horse's body will have a severe inability to process and eliminate these items if/when they come in contact with them.
Level 2 (yellow)	These items are considered moderate imbalances. Your horse's body will have an intermediate inability to process and eliminate these items if/when they come in contact with them.
Level 1 (green)	These items are considered mild imbalances. Your horse's body will have a slight inability to process and eliminate these items if/when they come in contact with them.
Insignificant Response (grey)	These items did not meet the threshold that is set for a response. Your horse's body may properly process and eliminate these items.

Metals & Minerals Report

- Use these results to investigate your horse's diet and surroundings, as the results will not be able to tell you where and how they might be exposed to these toxins.
- It is impossible to avoid your horse being exposed to metals and minerals since they are in the air, food, horse stable products, soil, accessories, feeding dishes, and water. Evaluate what foods your horse is consuming that could contribute to their possible exposure, and eliminate them as much as possible.
- Their body was designed to eliminate toxins through its organs. When these systems are compromised, these toxins are not properly filtered, and their body could be adversely affected. This can end up causing symptoms in their body such as gastrointestinal upset, hepatopathies, peripheral neuropathy, intermittent colic, mild anemia, liver damage, hoof problems, rough dry coat, hair loss, muscle weakness, stiff gait, skin conditions, lameness or stiffness, muscle tremors cramping, or bony limb deformities.

What do I do with this information?

- You can help their body's natural cleansing process by making sure they drink plenty of filtered water, feeding them more whole foods (not just manufactured feed, using non-chemical pest repellents and natural medications or topicals, having them exercise, enforcing outside time in the sun, and not hampering their immune system with unsafe and unnecessary vaccinations and drugs.
 - This should be an ongoing practice to help cleanse and nourish their body from the inside out. Be sure to take their daily environment into consideration when trying to determine where they potentially come in contact with these items.
 - On our website, we have every item defined, and we describe where they potentially are coming into contact with it.
- Please note that this metals & minerals test will not show a reference range for each item tested as with blood testing. It is unique to 5Strands.
 - It is not providing a physical measurement of the amount of toxins in their body. Bioresonance testing is preemptive to blood testing. It will register imbalances before they manifest into a physical issue.

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.

Food

LEVEL 2	■	Alfalfa	LEVEL 3	■	Cayenne
LEVEL 1	■	Almond	--	■	Cayenne
--	■	Aniseed	LEVEL 1	■	Celery
--	■	Apples	LEVEL 1	■	Chamomile Flower
--	■	Apricots	LEVEL 2	■	Cherries
LEVEL 1	■	Ascorbic Acid	--	■	Chia Seed
LEVEL 3	■	Astragalus Root	--	■	Chickweed
--	■	Bananas	--	■	Choline Chloride
LEVEL 3	■	Barley	LEVEL 2	■	Clove Bud
--	■	Bee Pollen	LEVEL 2	■	Clover
LEVEL 1	■	Beeswax	--	■	Cobalt Sulfate
LEVEL 2	■	Beets	--	■	Cocoa Butter
LEVEL 2	■	Bermuda Grass Hay	LEVEL 3	■	Coconut
LEVEL 2	■	Biotin	--	■	Coconut Oil
--	■	Biotin	--	■	Cod liver oil
LEVEL 2	■	Black Seed	LEVEL 2	■	Collodial Silver
LEVEL 3	■	Brome Grass Hay	LEVEL 2	■	Comfrey Leaf
LEVEL 2	■	Calcium Pantothenate	LEVEL 2	■	Copper Sulfate
--	■	Canola Meal	LEVEL 2	■	Corn
LEVEL 2	■	Capsicum	--	■	Corn
--	■	Capsicum	LEVEL 2	■	Dandelion Root
LEVEL 3	■	Carrots	LEVEL 3	■	Dates

Food

LEVEL 2	■	Dehulled Soybean Meal	--	■	Garlic Bulb
LEVEL 1	■	Dehydrated Alfalfa Meal	LEVEL 2	■	Grapefruit
LEVEL 3	■	Diatomaceous Earth	LEVEL 2	■	Grapes (red)
--	■	Dicalcium Phosphate	LEVEL 2	■	Grapes (white)
LEVEL 1	■	Dried Brewers Yeast	--	■	Ground Limestone
--	■	Dried Whey	--	■	Hemp Seed Oil
--	■	Dulce	LEVEL 1	■	Hydrolyzed Yeast
LEVEL 1	■	Echinacea	LEVEL 3	■	Kelp
--	■	Echinacea	LEVEL 3	■	Kentucky Blue Grass Hay
--	■	Egg white	LEVEL 3	■	Lactobacillus acidophilus
--	■	Egg yolk	--	■	Lecithin
LEVEL 2	■	Eluthero Root	LEVEL 1	■	Lemons
--	■	Emu Oil	LEVEL 3	■	Lentils
LEVEL 1	■	Fenugreek Seed	LEVEL 1	■	Lettuce
--	■	Ferrous Sulfate	LEVEL 3	■	Lime
LEVEL 3	■	Fescue Grass Hay	--	■	Lime
LEVEL 3	■	Feverfew	--	■	Llysine
--	■	Feverfew	--	■	Lobelia Herb
LEVEL 1	■	Fish Oil	LEVEL 3	■	Magnesium Oxide
--	■	Flaxseed	LEVEL 2	■	Magnesium Proteinate
LEVEL 1	■	Flaxseed Oil	--	■	Manganese Sulfate
LEVEL 3	■	Folic Acid	LEVEL 3	■	Mango

Food

--	■	Mango	--	■	Plantain Herb
--	■	Marshmallow Root	LEVEL 3	■	Plums
--	■	Methionine	--	■	Potassium Sorbate
--	■	Milk Thistle	--	■	Potassium Sulphate
--	■	Molasses	LEVEL 1	■	Potatoes (sweet)
--	■	Monocalcium Phosphate	LEVEL 2	■	Prunes
--	■	Mustard Seed	LEVEL 3	■	Pyridoxine Hydrochloride
LEVEL 2	■	Nettle Herb	--	■	Raisins
LEVEL 3	■	Niacin	LEVEL 3	■	Raspberries
LEVEL 1	■	Oat Straw Green Tops	LEVEL 1	■	Red Clover
--	■	Olive Leaf	LEVEL 3	■	Riboflavin
--	■	Oranges	--	■	Rice Bran
LEVEL 1	■	Orchard Grass Hay	LEVEL 2	■	Rosemary
--	■	Oregon Grape Root	--	■	Rosemary
--	■	Parsnips	--	■	Rye
--	■	Passion Flower	LEVEL 1	■	Sesame Seed
--	■	Peaches	LEVEL 3	■	Skullcap
--	■	Peanuts	LEVEL 3	■	Slippery Elm Bark
LEVEL 3	■	Pears	--	■	Sodium
--	■	Peas (field)	--	■	Sodium Benzoate
LEVEL 2	■	Peas (garden)	LEVEL 2	■	Sodium Bicarbonate
--	■	Pineapples	LEVEL 2	■	Soy Bean

Food

LEVEL 3	■	Soybean Hay	LEVEL 3	■	Turnip
LEVEL 3	■	Soybean Hulls	--	■	Usnea
LEVEL 2	■	Soybean Meal	--	■	Valerian
--	■	Soybean Oil	--	■	Vegetable Oil
LEVEL 1	■	Spirullina	--	■	Watermelon
LEVEL 3	■	Squash	LEVEL 3	■	Wheat (ground)
--	■	Strawberries	--	■	Wheat (whole grain)
--	■	Sugar (brown)	LEVEL 3	■	Wheat Bran
LEVEL 1	■	Sugar (white)	LEVEL 3	■	Wheat Middlings
--	■	Sugar Beets	LEVEL 1	■	White Willow Bark
LEVEL 1	■	Swede	LEVEL 3	■	Whole Oats
--	■	Tangerine	LEVEL 2	■	Yeast
--	■	Timothy Grass Hay	--	■	Zinc Sulfate
LEVEL 3	■	Tumeric			

Environmental

LEVEL 1	■	Apple Tree			--	■	Cowpeas
--	■	Apple Tree		LEVEL 3	■	Crab Grass	
--	■	Ash (Frqxinus excelsior)		LEVEL 1	■	Dandelion (Taraxum duplidens)	
--	■	Aspen (Populus tremula)		LEVEL 1	■	Dogs	
LEVEL 3	■	Aspergillus Fumigatus		LEVEL 3	■	Dollarweed	
LEVEL 2	■	Bee		LEVEL 1	■	Eastern Red Cedar Tree	
LEVEL 2	■	Bee Balm		--	■	Elm (Ulmus glabra)	
LEVEL 3	■	Beech (Fagus silvatica)		--	■	Fescue	
LEVEL 1	■	Bermuda grass (Cynodon dactylon)		--	■	Goldenrod (Solidago virgaurea)	
LEVEL 2	■	Brome Grass		--	■	Hairy Vetch	
LEVEL 3	■	Buckhorn Plantain		LEVEL 2	■	Horseflies	
LEVEL 1	■	Burdock		--	■	Kangaroo Grass (themedata triandra)	
--	■	Bush Honeysuckle		LEVEL 1	■	Kentucky bluegrass (Poa pratensis)	
--	■	Buttercup (Ranculus spp.)		LEVEL 1	■	Lavender	
LEVEL 2	■	Cape Weed (arctotheca calendula)		LEVEL 2	■	Leather	
LEVEL 3	■	Cats		LEVEL 1	■	Lupine	
--	■	Cherry tree		LEVEL 2	■	Magnolia Tree	
LEVEL 3	■	Chickory		--	■	Maple (Acer sepp.)	
LEVEL 2	■	Clover (Triofoium spp.)		LEVEL 2	■	Mice	
--	■	Comfrey		LEVEL 2	■	Mice Dung	
LEVEL 1	■	Cotton		--	■	Milkweed	
--	■	Cotton		--	■	Mold I	

Environmental

LEVEL 1	■	Mosquito			--	■	Sunn Hemp
--	■	Nimblewill			LEVEL 3	■	Tall Ironwood
--	■	Oak (Quercus robur)			LEVEL 3	■	Timothy Grass
LEVEL 2	■	Orchard grass or Cocksfoot grass (Dactylis glomerata)			--	■	Wallaby Grass (danthonia ssp)
--	■	Pear tree			LEVEL 1	■	Wasp
LEVEL 1	■	Phalaris (phalaris aquatica)			LEVEL 2	■	Wheat Grass (thinopyrum ponticum)
LEVEL 3	■	Pigweed			--	■	Willow (Salix vitellina)
--	■	Pine (Pinus spp.)			--	■	Wool
--	■	Poplar (Populus spp.)			LEVEL 3	■	Yarrow
LEVEL 1	■	Poppies			LEVEL 1	■	(Essential Oil) Basil
--	■	Puccinellia			LEVEL 3	■	(Essential Oil) Cardamom
LEVEL 2	■	Rabbit Dung			LEVEL 3	■	(Essential Oil) Cedarwood
--	■	Rabbits			LEVEL 3	■	(Essential Oil) Frankincense
--	■	Ragweed (Ambrosia elatior)			LEVEL 1	■	(Essential Oil) Geranium
LEVEL 1	■	Rat Dung			LEVEL 1	■	(Essential Oil) Helichrysum
--	■	Rats			LEVEL 1	■	(Essential Oil) Lemongrass
--	■	Red Clover			LEVEL 2	■	(Essential Oil) Marjoram
LEVEL 2	■	Rubber			LEVEL 1	■	(Essential Oil) Melaleuca
--	■	Spruce (Picea abies)			LEVEL 3	■	(Essential Oil) Peppermint
LEVEL 1	■	Star of Bethlehem			LEVEL 1	■	(Essential Oil) Roman Chamomile
LEVEL 1	■	Stinging Nettle			LEVEL 3	■	(Essential Oil) Rosemary
LEVEL 1	■	Sunflowers			LEVEL 3	■	(Essential Oil) Sandalwood

Environmental

LEVEL 3	■	(Essential Oil) Thyme	--	■	Essential Oil - Lemongrass
LEVEL 2	■	(Essential Oil) Vetiver	--	■	Essential Oil - Marjoram
--	■	Essential Oil - Basil	--	■	Essential Oil - Melaleuca
--	■	Essential Oil - Bergamot	--	■	Essential Oil - Myrrh
--	■	Essential Oil - Cardamom	--	■	Essential Oil - Peppermint
--	■	Essential Oil - Cedarwood	--	■	Essential Oil - Roman Chamomile
--	■	Essential Oil - Clary Sage	--	■	Essential Oil - Rosemary
--	■	Essential Oil - Cypress	--	■	Essential Oil - Sandalwood
--	■	Essential Oil - Frankincense	--	■	Essential Oil - Thyme
--	■	Essential Oil - Geranium	--	■	Essential Oil - Vetiver
--	■	Essential Oil - Ginger	--	■	Essential Oil - Wild Orange
--	■	Essential Oil - Helichrysum			

Nutrition

--	■	Vitamin A (retinyl palmitrate)	--	■	Essential Mineral - Magnesium
--	■	Vitamin B1 (thiamine)	--	■	Essential Mineral - Phosphorus
--	■	Vitamin B12 (cobalamin)	--	■	Essential Mineral - Potassium
--	■	Vitamin B2 (riboflavin)	--	■	Essential Mineral - Zinc Orotate
--	■	Vitamin B3 (niacin)	--	■	Fatty Acid - Omega 3
LEVEL 2	■	Vitamin B5 (pantothenic acid)	--	■	Fatty Acid - Omega 6
--	■	Vitamin B6 (pyridoxine)	LEVEL 2	■	Ionic Mineral - Vanadium
--	■	Vitamin B7 (biotin)	LEVEL 2	■	Trace Mineral - Boron
--	■	Vitamin B9 (folic acid)	LEVEL 3	■	Trace Mineral - Chromium
--	■	Vitamin C (ascorbic acid)	--	■	Trace Mineral - Cobalt
LEVEL 1	■	Vitamin D	LEVEL 1	■	Trace Mineral - Copper
--	■	Vitamin E (alpha-tocopherol)	--	■	Trace Mineral - Iodine (aqueous)
--	■	AA - Essential - Lysine	--	■	Trace Mineral - Iron
LEVEL 1	■	AA - Essential - Methionine	--	■	Trace Mineral - Selenium
--	■	Essential Mineral - Calcium			

Metals/ Minerals

LEVEL 1	■	Chromium (Cr)	LEVEL 1	■	Zinc (Zn)
LEVEL 1	■	Molybdenum (Mo)			