



5Strands® Affordable Testing How to Interpret Test Results

Food and Environmental Intolerances

Food and Environmental Intolerances are arranged by Level 3, 2 and 1 and are color-coded like a spotlight. Within each level, the items are arranged in reverse alphabetical order. The level indicates the type of response the body may experience with ingestion or exposure. Remember that we are testing for intolerances (NON IgE mediated responses), which are reactions that can take up to 48 hours or longer to appear. With our method of intolerance testing, you or your pet do not have to ingest or be exposed to the item for it to register as an imbalance.

Level 3 (Stop)

Level 3 intolerances are considered items that the body registered an imbalance to and may be very likely to cause noticeable symptoms. Reactions may show up as inflammation, digestive issues, skin problems, fatigue, etc. Level 3 items should be eliminated from the diet. ***Your main focus should be on level 3 items first.***

Level 2 (Slow down)

Level 2 intolerances are items that the body has registered an imbalance to that may result in reactions such as itchy skin, runny nose, watery eyes, etc. Level 2 items should be avoided or reduced at least for a short period of time.

Level 1 (Be aware)

Level 1 intolerances are items that the body registered a low level imbalance. While there may be no noticeable symptoms, they may potentially cause issues with ingestion or exposure over time.

If the same food or environmental item shows up on multiple levels it is very significant. These are the items that you should consider eliminating as soon as possible. (As with the level 3 items)

Please note that every individual or pet is different and symptoms may vary by level and severity.

(See website for full list of items tested: **Deluxe** list click [here](#), **Standard** list click [here](#), **Child** list [click](#) here, **Sports** list click [here](#), **Beauty** list click [here](#), **Pet** list click [here](#)).



Contact us if you have any questions regarding your order or testing process
Office hours: M-F 9am-5pm EST. Phone: 1-833-600-TEST (8378)
Email: questions@affordableallergytest.com

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Metals/Minerals

Results are arranged by Level 4, 3, 2, and 1. Within each level, the items are arranged in reverse alphabetical order. Everyone is exposed to metals and minerals within their environment and through their diet. Common sources include food supply, farmed fish, water, soil/dirt, household products, and dental fillings. Once an exposure occurs, minerals/metals enter the bloodstream and travel throughout the body. They can then penetrate the cells of tissues and organs where they remain stored for years. This accumulation within the tissues can result in physical, muscular, and neurological issues. Common symptoms can include skin irritations, fatigue, tremors, poor concentration, memory issues, etc.

Level 4 (Stop- may require detox)

Level 4 indicates that these items have accumulated in the body and may be resulting in serious responses. Effort should be made to immediately eliminate these metals/minerals from your environment and diet. ***Your main focus should be on level 4 items first.***

Level 3 (Stop)

Level 3 indicates that these items are accumulating in the body and may be resulting in harmful responses. These level 3 items are also considered important and require immediate attention to reduce them from your environment and diet.

Level 2 (Slow down)

Level 2 indicates that there has been a lower level of exposure to these items, but they may still result in negative reactions. Attention should be given to reduce any further exposure in your environment and diet.

Level 1 (Be aware)

Level 1 items indicate there may have been only minimal exposure to these items. While there may be no noticeable reactions, they may potentially cause issues with continued exposure. Best to reduce any further exposure in your environment and diet.

(Click [here](#) for full list)



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Nutritional Deficiencies

This test reveals the vitamins, amino acids, and minerals that the body has registered as a deficiency. Eating a healthy diet is the best way to receive the proper nutrients the body requires. If the body is not absorbing the nutrients properly from current food sources, supplementation should be considered. Please keep in mind that the body may require more of a nutrient because of lifestyle factors (i.e. stress, excessive exercise, etc.). While there are minerals included in the test that are important for your body to stay healthy, excessive exposure can cause harmful symptoms. Please remember to always consult your healthcare practitioner to assist you with your nutritional needs. The items are arranged in reverse alphabetical order.

(Click [here](#) for full list of items tested)

Where To Go From Here

Use this report as a worksheet. The space to the right is for you to make notes.

- Check mark the foods that you or your pet are currently eating. Don't worry about the foods listed as intolerances that aren't currently being consumed.
- Check mark the environmental items that you or your pet are exposed to (pay attention to the surroundings).
- Intolerances, imbalances, and nutritional deficiencies can be better understood and overcome through processes including elimination, detoxification, improving gut health, improving overall health, reintroduction, etc.
- Discuss any major changes and/or next steps with a medical or veterinarian advisor.

Disclaimer: 5Strands® Affordable Testing does not make medical or veterinary diagnoses nor is it intended to be a substitute for professional medical or veterinary 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 or veterinary 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. Our method of testing does not test for type IgE allergies. Since these reactions can be serious, you should seek the help of an allergy specialist.