

## **Before Affordable Testing**

I am a fitness professional so I have always thought that I was eating healthy and supplementing correctly. I was getting ready for a competition but was not getting the muscle tone and definition that I thought I should be achieving. I met the Affordable Testing team at the LA Fit Expo and asked lots of questions about the test before deciding to proceed. It seemed like this would be the perfect test to find out how I was actually doing. I needed to know if I was eating the right foods and taking the correct supplements.

## **Results of Test**

I was a bit surprised and even shocked when I reviewed my results. I never thought that the foods that I thought were healthy for me would be on the list of my intolerances. It made so much sense as to why I was bloated all the time. Now to get motivated to eliminate the things I like to eat from my diet!

## **After Affordable Testing**

It only took a few weeks to see a substantial difference in the way I felt and especially the way I looked. No more bloating and without doing anything else different other than eliminating the foods on my list, I lost weight and I was gaining muscle definition! I feel and look like I want now after all this hard work.

## **Customer Quote**

The 2 biggest changes I saw in getting tested was my emotional wellbeing and my digestion; when i am supplementing correctly and avoiding inflammatory foods my anxiety is greatly reduced and I don't have any digestive issues (bloating, etc.). With these changes came motivation and weight loss which was amazing! I got such peace of mind knowing i was eating the correct things for my body specifically. I would recommend this test to all of my loved ones and I can honestly say it was a life changing experience for me!