



Hormone Testing



Understanding Hormones for Health & Wellness

Hormones are released directly into the bloodstream by a complex and interactive network called the endocrine system. The foundation of hormonal balance relies on four key organs the thyroid, adrenal, ovaries and testes. These cornerstone organs work together, as well as individually, to secrete cortisol, testosterone, progesterone, estradiol, and Dehydroepiandrosterone (DHEA). On a whole these hormones not only influence our overall health and wellness their levels also influence and impact each other.

A hormone imbalance can occur when one or more of the cornerstone organs start secreting more or less of a given hormone. Replacement therapy may be suggested when levels are low in an effort to reclaim a normal balance. When hormone levels are high, a thorough integrity investigation of the foundation organs should be performed.

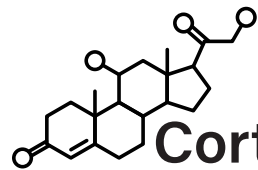
Understanding and also maintaining the proper balance of cortisol, testosterone, progesterone, estrogen, and DHEA plays an integral role for individuals looking to maintain an overall normal healthy state of wellbeing and for those seeking to optimize performance and functionality. Hormone levels are influenced by many factors, including stress, lifestyle choices, aging, medical conditions, medications, and hormonal therapies.

Monitoring and optimizing these hormones through testing is key to achieving and maintaining physical and mental well-being, as imbalances can lead to a range of health issues and hinder overall quality of life.

Lifestyle interventions can have a significant impact on hormone levels. For instance, regular exercise and a balanced diet can help maintain healthy levels of testosterone and estrogen, promoting muscle mass and reducing stress. Adequate sleep plays a crucial role in regulating hormones like cortisol supporting mood and overall well-being. Reducing stress through relaxation techniques, such as meditation or yoga, can help lower cortisol levels, while maintaining a healthy weight.

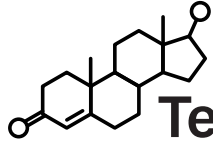
Insights about hormone levels gained through regular testing intervals empowers individuals to make better, educated decisions based on actual bio-data. In turn, these insights deliver real opportunities to identify truly actionable and impactful next steps at improving personal outcomes.

By understanding the symptoms associated with hormonal imbalance and monitoring cortisol, testosterone, estrogen, progesterone, and DHEA levels, one can gain practical understanding in how the body is functioning, receive the opportunity and ability to adjust lifestyle factors accordingly, and/or seek medical assistance to improve one's overall health and wellbeing.



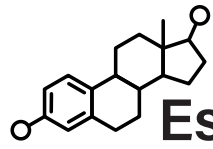
Cortisol

Known as the stress hormone, influences our body's response to stress and helps regulate metabolism.



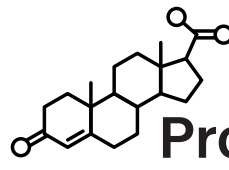
Testosterone

Crucial for both men and women, contributes to muscle mass, bone density, sex drive, and overall vitality.



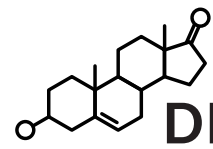
Estrogen

Impacts metabolism, menstrual cycles, pregnancy, mood, bone health, and sexual wellness.



Progesterone

Plays a vital role in the female reproductive cycle preparing the uterine lining, supporting the early stages of gestation, and plays secondary role in balancing other hormones and in metabolism.



DHEA

Serves as a precursor to male and female hormones, influencing overall hormonal balance.

Symptoms Associated With Hormonal Imbalance (List not all inclusive)

	Male-High	Male-Low	Female-High	Female-Low
Cortisol	weight gain and rounding of the face; acne; easy bruising; muscle weakness; severe fatigue; brain fog; irritability; headache	anxiety; Fatigue, particularly in the am; depression; lack of ability to cope with stress; food cravings; increased susceptibility to infection	weight gain and rounding of the face; acne; easy bruising; muscle weakness; severe fatigue; brain fog; irritability; headache	anxiety; fatigue, particularly in the am; depression; lack of ability to cope with stress; food cravings; increased susceptibility to infection
Testosterone	aggressive behavior; excess body hair; acne; headaches; high blood pressure; high sex drive	reduced sex drive; erectile dysfunction; loss of body hair; lean muscle wasting; fatigue; depression; weight gain	excessive facial and body hair; acne; mood swings; small breasts; loss of sex drive; infertility; obesity	fatigue; loss of strength and muscle tone; Irregular menstrual cycle; depression; loss of body hair; reduced sex drive
Progesterone ^{1,2}	depression, fatigue, heart disease; decreased sperm count	depression; mood swings; anxiety; low sex drive; erectile dysfunction	anxiety; bloating; depression; reduced sex drive; weight loss or gain; breast tenderness and swelling	Irregular menstrual cycle; spotting; headaches; infertility
Estrogen	sperm levels, motility and quality are affected; erectile dysfunction; weight gain; depression; fatigue; breast enlargement	depression; mood swings; anxiety; low sex drive; erectile dysfunction	polyps; fibroids; endometriosis; ovarian, breast and uterine cancer; heart disease; dementia; insulin resistance	brain fog; mood swings; hot flashes; night sweats; irregular or no periods; osteoporosis; tender breasts; weight gain
DHEA ³	excessive hair growth; hair loss; aggressive behaviors; irritability; trouble sleeping; acne	depression; sexual dysfunction; heart disease; obesity; osteoporosis	excessive hair growth; hair loss; aggressive behaviors; irritability; trouble sleeping; acne	depression; sexual dysfunction; heart disease; obesity; osteoporosis

1. Progesterone increases the levels of estrogen in males

2. Levels fluctuate with the menstrual cycle and pregnancy

3. DHEA is the building block of other hormones. DHEA imbalance is associated with adrenal hyperplasia and adrenal tumors. Symptoms of dysfunction of the adrenals include unexplained weight loss; nausea and vomiting; dizziness; craving for salt



- Testosterone
- Cortisol 24
- Complete Check
- Complete Plus
- Trio (E2, Pg, T)
- Adrenal Fatigue Check
- Weight Management
- Post-Menopausal
- Estrogen Dominance



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