

Lab Test Panels

Adrenal Stress Test

The adrenal glands are two small glands located above the kidney. One of their many functions is to secrete the “stress hormones” cortisol and DHEA. These hormones are not secreted at a constant level throughout the day; instead they are released in a cycle with the highest value in the morning and lowest value at night.

Abnormal adrenal rhythm compromises energy levels, immune system, skin health, muscle and joint function, bone health, sleep quality, thyroid function, and other hormones.

Consider ordering an ASI if you experience

- ◆ Chronic stress
- ◆ Lack of vitality and energy
- ◆ Muscle and joint pain
- ◆ Hypoglycemia
- ◆ Migraine headaches
- ◆ Osteoporosis
- ◆ Sleep disturbance
- ◆ Poor memory
- ◆ Alcohol intolerance
- ◆ Low sex drive
- ◆ Low body temperature

Male Hormone Panel

Androgen (male) hormones are sensitive to stress, smoking, environmental toxins and nutritional deficiencies. Increases in such factors can result in androgen imbalances and related symptoms. Androgen balance is important for creating and sustaining optimal cardiovascular health, bone and muscle integrity, vitality and natural immune protection against illness and disease.

Consider a Male Hormone Panel if You Experience any of the Following:

- ◆ Decreased muscle strength
 - ◆ Low energy
 - ◆ Decreased Libido
 - ◆ Insomnia
 - ◆ Nervousness and Depression
 - ◆ Hair loss or significant thinning
 - ◆ Erectile Dysfunction
 - ◆ Fat Accumulation around waist
 - ◆ Urinary Symptoms (pain, frequency, urgency, interrupted stream).
 - ◆ Lack of enthusiasm for life
 - ◆ Increase in bad cholesterol, decrease in good cholesterol
 - ◆ Osteoporosis
-

Female Hormone Panels

Many factors can impact the female hormone balance, resulting in disruption of mood, sleep patterns, appetite, sexual drive and PMS symptoms.

One of the main benefits of getting a hormonal balance evaluation is that diagnostic guesswork is minimized, and that customized treatment becomes a reality.

I offer three different Female Hormone Panels

Basic Female Hormone Panel: Consists of 1 sample of estradiol, estrone and estriol. Will provide a hormonal picture during one particular time in the menstrual cycle.

Expanded Female Hormone Panel: Consists of 11 samples which are tested for estradiol and progesterone, testosterone and DHEA). This will provide a map of the entire menstrual cycle which may help to identify otherwise hard-to-detect or subtle abnormalities within any of the phases of the menstrual cycle.

Menopause Female Hormone Panel (for baseline for bio-identical hormones): consists of three sample of estradiol, estrone, progesterone and testosterone.

Consider a Female Hormone Panel if You are Experiencing any of the Following:

- ◆ PMS
 - ◆ Irregular or Absent Menstrual Cycles
 - ◆ Heavy or painful Menstrual cycles.
 - ◆ Infertility
 - ◆ Early pregnancy problems
 - ◆ Endometriosis and cystic ovarian disease
 - ◆ Early osteoporosis
 - ◆ Hot flashes/ Night Sweats
 - ◆ Vaginal Dryness
 - ◆ Changes in sex drive
 - ◆ Insomnia
 - ◆ Depression or Mood Swings
-