

Hormone Balance – The Key to Health

Your hormones should exist in harmony with each other. When levels of each hormone are in the right proportions, body systems are stable. When balance is lost, hormone deficiencies and excesses can cause chronic symptoms and disorders, and raise risks for disease. A whole host of symptoms may signify an imbalance: fatigue, weight gain, irritability, mood swings, loss of libido (sex drive), depression. If you have tried to figure out what is happening or perhaps treated your symptoms in ways that don't seem to work, testing your hormones may be the first step to feeling better.

Saliva testing reliably identifies hormone imbalances. Hormones exist in harmony with each other – partners in a delicate balancing act. When levels of each hormone are in the right proportions, body systems are stable. When balance is lost, hormone deficiencies and excesses can become toxic to the body causing unwanted symptoms, disorders and disease.

We test 5 different hormones: Estradiol, Progesterone, Testosterone, DHEA and Cortisol. Below you will find a quick reference to each of the hormone we test.

Estrogen:

Estradiol (E2) is the strongest form of estrogen and when deficiency exists it causes: hot flashes, night sweats, insomnia, memory loss and emotional lability. It is best supplemented topically because PO supplementation is known to reduce Growth Hormone levels.

Progesterone:

The bio-identical hormone known to block or protect against the proliferative effects of Estrogen (E2). It is protective of breast and endometrial tissue. When replaced in physiologic doses, it stabilizes mood, increases bone mineralization, reduces PMS and post-menopausal symptoms, and decreases cancer risk. It is best supplemented topically or sublingually.

DHEA:

An adrenal hormone which may also be converted to testosterone, cortisol, and estrogen. DHEA supplementation in addition to supporting adrenal health/energy metabolism (when low) will readily optimize testosterone levels in women.

Testosterone:

The major sex hormone in males produced in the testes, and in women in the adrenal glands and ovaries. It is essential for sexual function, cardio-protection, stamina, muscle strength, bone density and stable sugar metabolism. In males, it is prostate gland-protective.

Cortisol:

The adrenal's primary glucocorticoid, secreted in a known 24-hr pattern (diurnal rhythm) essential for sugar metabolism and immune modulation. It is foundational for energy production and optimal thyroid function.