



What's Happening?

Many people stumble out of bed in the morning and begin running all day with kids, work, sports practices, dinner, errands and housework. Constantly burning the candle at both ends leaves you exhausted. Weekends used to be a time to relax and unwind, but many people now find the weekends to be equally as busy. Sadly this is "normal" for many Americans.

Over 500,000 Americans suffer from chronic fatigue syndrome and millions more suffer from severe exhaustion or adrenal dysfunction. If you find yourself relying on coffee, sugar or other stimulants to get you going in the morning, you may be experiencing adrenal dysfunction. This feeling is often accompanied by one or more of the following:

- Morning fatigue
- Craving salty or fatty foods
- Anxiety
- Difficulty falling or staying asleep
- Muscle aches
- Increased irritability

Effect on the Body

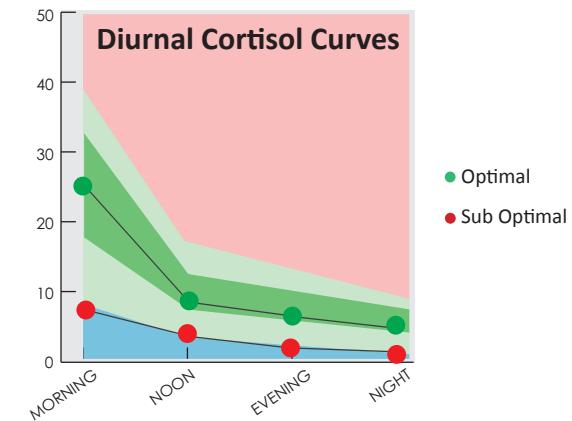
The cells in the body are constantly breaking down and then repairing. Much of this repair occurs during deep sleep. Sleep deprivation combined with the constant barrage of everyday stresses can reduce the body's capacity to repair itself.

Stress can age a body very quickly. Your body responds to stress by releasing hormones including cortisol from your adrenal glands. Cortisol is also important for regulating blood sugar, electrolyte imbalance and the production of other hormones.

Our bodies are designed to respond to a stressful event, and then return to a baseline or "regular state". When stressful events occur back to back, or stressful triggers last as in chronic stress, the stress response can become down-regulated and our bodies will reduce the amount of cortisol produced. Though too much cortisol can cause damage to your body, too little cortisol is also a problem. Cortisol levels should naturally be highest in the morning hours, and taper gently through the day.

Testing & Treatment

It is difficult to know what your cortisol levels are with symptoms alone; therefore, it is important to test to determine an optimal treatment plan. Salivary testing is the only way to accurately measure the pattern of cortisol release throughout the day. Saliva testing also allows measurement of the fraction of the hormone that your body can use, and is convenient and painless. Because the endocrine system is complex, issues that arise rarely stem from just one hormone. If there is a disruption in the balance of hormone produced by one gland, it can cause imbalance in other hormones as well.



The **Comprehensive Hormone Panel** is an excellent starting place for evaluating hormone function. This panel tests both reproductive (sex) and adrenal hormones, because symptoms of imbalance may overlap. The **Comprehensive Hormone Panel** will assess:

- Estradiol
- Progesterone
- Testosterone
- DHEA
- Cortisol - four times during the day



You eat right.

You exercise.

You get plenty of sleep.

Have you checked your hormones lately?

Proper hormone balance can help you...

- Feel more energetic
- Sleep better
- Reduce anxiety
- Improve memory
- Curb cravings
- Lose weight

Proper hormone balancing can improve your quality of life through improved energy and focus. An accurate and easy salivary hormone test can be the first step to helping you **look better** and **feel better**.

**Ask your healthcare provider for
your test kit today!**



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Licensure & Certification



Adrenal Dysfunction



Test Now & Treat Right™