



What's Happening?

Hormones play an important role in maintaining blood sugar balance and restorative sleep patterns. Sugar cravings and hormonal changes are nothing new to many women.

Your adrenal glands make cortisol, which impacts blood sugar levels, blood pressure, heart rate and metabolism. The amount and daily pattern of cortisol production can influence how your body uses or stores fat. Cortisol is also important for controlling levels of inflammation throughout the body. The ideal cortisol pattern is elevated first thing in the morning, decreasing towards night time. Over time, continued stress disrupts the delicate balance of hormones, including how much and when cortisol is made and released.

Some signs that cortisol and other hormone levels are out of balance include:

- **Sugar cravings**
- **Difficulty sleeping**
- **Tired but wired**
- **Afternoon slump**
- **Headaches**
- **Constantly stressed**



Effect on the Body

Cortisol is commonly referred to as the “stress hormone.” It plays an important role in glucose metabolism, blood pressure regulation, insulin release, immune function and the inflammatory response.

Normally, cortisol levels are highest 30 minutes after awakening and then taper down throughout the day. Cortisol is “designed” to help the body respond to a stressful event. When the event passes, cortisol levels drop. When your body is under constant stress, your nervous system never receives the signal to relax. This causes the cortisol response to become altered, which can lead to other hormones going awry.

Long busy days and short nights of sleep send messages to the body that it is in a state of stress. We may be civilized, but our bodies are still ruled by primitive survival drives. The body begins to store fat as a response to the stress, so there are stores ready for a future event that threatens survival.

Over a period of time with constant stress, the adrenal glands produce less and less cortisol, yet the stress continues. Without enough cortisol the body needs to find energy from somewhere else. Our bodies crave sugar, caffeine and other stimulants to counteract low cortisol levels and temporarily raise energy levels. If you crave sweet things regularly — you may want to check your hormones.

Testing & Treatment

Salivary hormone testing and follow up is crucial for identifying the appropriate treatment to get you back on track. Once hormone levels are balanced, restorative sleep, diminished cravings, and days filled with energy and vitality lie ahead. The **Comprehensive Hormone Panel** is an excellent way to evaluate hormone function. This panel tests both sex steroid hormones and adrenal hormones which can play a role in sugar cravings and caffeine addiction.

The **Comprehensive Plus Panel** will test the following hormones:

- **Estrone**
- **Estradiol**
- **Estriol**
- **Progesterone**
- **Testosterone**
- **DHEA**
- **Cortisol - four times during the day**





You've tried exercising.
You've tried to get enough sleep.
You've tried dieting.

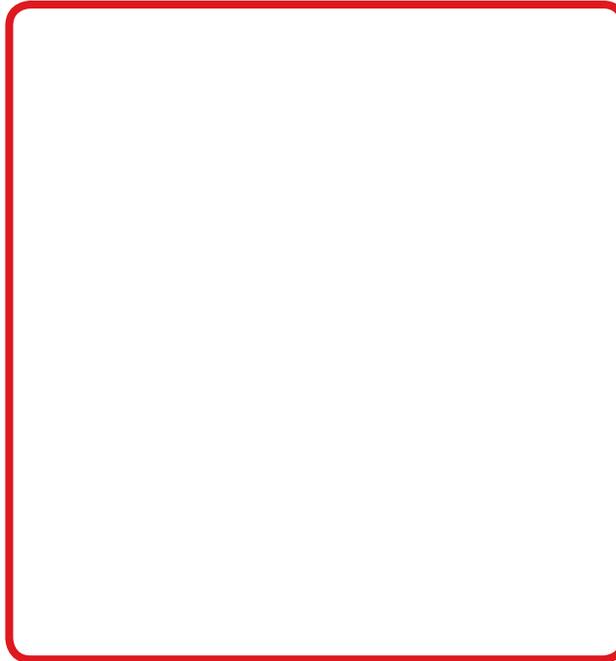
Have you checked your hormones lately?

Proper hormone balance can help you...

- Lose weight
- Reduce moodiness
- Feel more energenic
- Sleep better
- Curb cravings

Proper hormone balancing can help women (and men) curb sugar cravings and caffeine addictions. An accurate salivary hormone test can be the starting point on a path to **looking better** and **feeling better**.

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



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Licensure & Certification



Craving Something Sweet?



Test Now & Treat Right™