



## Testing & Treatment

Hormone testing and follow up monitoring is a critical step in a successful weight loss program. Testing may involve salivary hormones, vitamin D, and iodine levels. Due to the complexity of the endocrine system, issues rarely stem from a single hormone.



## What's Happening?

Weight loss programs invoke images of salads, hours in the gym and dessert deprivation. Hormone testing probably doesn't come to mind. However, as we age, estrogen and progesterone levels decline while androgen levels (testosterone and DHEA) can increase. These changes not only increase the risk of stroke and cardiovascular disease, but they also shift how and where fat is stored in our bodies.

Attempting to lose weight without addressing the hormonal component is like going to the gym and then eating a big piece of chocolate cake. Focusing on whole foods, reducing refined carbohydrates, exercising as prescribed by your doctor and treating any hormone imbalances will help you successfully lose weight and keep it off. Common weight related hormone symptoms include:

- **Increased waist size**
- **Bloating**
- **Decreased stamina**
- **Difficulty maintaining weight loss**

## Effect on the Body

As we age our basal metabolic rate (BMR) slows down, increasing the number of calories that are converted to fat. Estrogen is stored in fat cells and, as estrogen levels drop, your body compensates by storing more fat. The body responds to this change in hormone level by accumulating fat around the abdomen, creating more of an apple shape.

The thyroid gland has an impact on metabolism. Iodine and vitamin D can impact how well the thyroid gland is functioning. Low iodine and vitamin D levels can contribute to underlying factors in the struggle to lose weight.

Hormone changes redirect the body to store fat in an attempt to conserve hormone and energy stores. However, these stores are often counter-productive to health and well-being. Balancing your hormones can help facilitate lasting weight loss.

Get tested! To evaluate your hormone function and begin seeing positive results, ask your healthcare provider for your **Comprehensive Hormone Panel** test kit today. They may also recommend **vitamin D** and **iodine** testing to address inflammation and thyroid function.

The **Comprehensive Hormone Panel** will test the following:

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



You have exercised.  
You have dieted.  
You visit your doctor.

**Have you checked your hormones lately?**

Weight management is influenced by:

- Unbalanced estrogen
- Unbalanced progesterone
- Unbalanced testosterone
- Vitamin D deficiency
- Iodine insufficiency

Proper hormone balancing can help both men and women maintain ideal weight. Labrix offers **salivary hormone testing**, a **Vitamin D BloodDrop™** test, and a **24 Hour Iodine** test all of which can be done in the comfort of your own home. See how you can **look better** and **feel better**.

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



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Licensure & Certification



# How Are Hormones Related To Weight Gain?



**Test Now & Treat Right™**