

You eat right.  
 You exercise.  
 You get plenty of sleep.

Have you checked your hormones and neurotransmitters lately?



Proper hormone and neurotransmitter balance may lead you to:

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

A life with improved energy and focus is possible. An accurate and easy neuroendocrine test might be the first step to helping you feel better.

Ask your healthcare provider for your Labrix test kit today!

## Symptom Review

Review the symptom checklist below and indicate any symptoms you are experiencing. Return to your healthcare provider to start the conversation about your health! 0 = none, 3 = severe

Symptom	0	1	2	3
Stress				
Anxiety				
Irritability				
Nervousness				
Decreased mental sharpness				
Morning fatigue				
Afternoon fatigue				
Evening fatigue				
Difficulty falling asleep				
Difficulty staying asleep				
Decreased stamina				
Decreased motivation				
Sugar and/or salt cravings				

Information Provided By:



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# Stress and Fatigue





## Testing Considerations

It is difficult to know what your cortisol levels and neurotransmitter levels are based on 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.

Neurotransmitter imbalances are easily identified with a simple and accurate urine test. Your healthcare provider can order this noninvasive test from Labrix.

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 and cortisol at four points during the day.**

The **NeuroHormone Complete Panel** takes your health assessment one step further by including an analysis of your neurotransmitter levels. In addition to the hormones included in the Comprehensive Panel, the Neurohormone Complete Panel includes the following neurotransmitters: **serotonin, GABA, dopamine, norepinephrine, epinephrine and glutamate.**

## What's Happening?

Many people stumble out of bed in the morning and begin running all day with kids, work, sports practices, dinner, errands, caring for elderly relatives, 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 and/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/noticeable fatigue any time of day**
- Craving salty or fatty foods**
- Anxiety or nervousness**
- Difficulty falling or staying asleep**
- Muscle aches**
- Increased irritability**
- Decreased tolerance for stress**
- Decreased mental sharpness**
- Headaches and migraines**

## 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 (often caused by, or alongside stress) can age a body very quickly by interfering with this repair process.

Your body responds to stress by releasing hormones, including cortisol, from your adrenal glands. Cortisol is an important mediator of the stress response and is also important for regulating blood sugar, electrolyte balance and hormone balance.

Our bodies are designed to respond to a stressful event, and then return to a baseline 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 eventually 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 gradually through the day.

In addition to cortisol, your body uses neurotransmitters, including norepinephrine and epinephrine, to manage and respond to stress. Like hormones, neurotransmitters are chemical messengers made and used in the body that help to regulate mood, cognition, stress and more. When neurotransmitters are imbalanced, stress may feel heightened and symptoms such as fatigue, anxiety and irritability may be present.

