

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

Have you checked your hormones lately?



Proper hormone balance enables you to:

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

Hormone balance improves your quality of life through improved energy and focus. An accurate and easy hormone test can be the first step to helping you look better and feel better.

Symptom Review

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

Symptom	0	1	2	3
Stress				
Anxiety				
Sugar and/or salt cravings				
Mid-section weight gain				
Decreased mental sharpness				
Tired, but wired				
Morning fatigue				
Afternoon fatigue				
Evening fatigue				
Difficulty falling asleep				
Difficulty staying asleep				
Decreased stamina				
Decreased motivation				
Irritability				

Information Provided By:



Call (800) 501-8090



Stress and Weight Management



Ask your Consultant for your
 Hormone and DNA test kit today!





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 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**

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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.



It is difficult to know what your cortisol levels are based on symptoms alone; therefore, it is important to test to determine an optimal 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 **Hormone Detection Kit** from Metabolic Research Center 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 Hormone Detection Kit will assess: **estradiol, progesterone, testosterone, DHEA and cortisol at four points during the day.**

In addition to the Hormone Detection Kit, Metabolic Research Center also offers the **DNA Detection Kit**. Genetics, like stress and fatigue, can play a role in the tendency to gain weight and influence the way our bodies capture, store and release energy from food. Are your genes influencing the tendency to overeat or be physically inactive? Could genetics influence a diminished ability to use dietary fats as fuel? Are you more predisposed than others to store body fat?

As simple cheek swab will assess five different genes that are known to have a significant impact on weight gain and responsiveness to exercise. Ask your Consultant for more information on both of these simple yet informative tests.