

Adrenal, Thyroid & Male/Female Hormone Tests

A stressful lifestyle or major stressors in your life can be an underlying cause of many chronic illnesses, from fatigue, depression, food intolerances, weight gain, infertility and hormonal health problems. Cortisol and DHEA are the two major hormones, secreted by the adrenal glands, which help us deal with stress. However, they can come under a lot of pressure and finally become depleted, causing a lot of health issues. Let's take a look:

The **Adrenal Stress Profile** uses a non-invasive salivary procedure to measure the activity of the adrenal cortex and its ability to react to stress. The procedure monitors the daily variation of the steroidal hormones cortisol and DHEA. Secretion of cortisol, is normally characterized by a steep increase in the early morning, followed by a gradual tapering off until late evening. However, stress can cause an inversion to occur so that cortisol is actually low in the morning resulting in morning tiredness and cravings for stimulants, and high at night which can lead to an inability to 'switch off' at night and cravings for chocolate, sweet foods or alcohol.

Some people may have a high cortisol throughout the day to help cope with continual 'stressors'. Either external stressors or those put on themselves. As DHEA levels fall before cortisol, DHEA decreases whilst cortisol remains high. This is a marker for "pre-exhaustion or pre-adrenal fatigue" otherwise known as the *maladaptation or the resistance stage of stress*. This can have a profound impact on health including diminished immune function and therefore more gut imbalances can occur (wind, IBS, bloating), inability to 'switch off', food issues eg bulimia, cravings, headaches, repeated infections eg. thrush/cystitis, skin concerns and it can cause a catabolic state where tissue breakdown exceeds tissue repair, leading to bone loss (osteoporosis), and muscle wasting. Stress can cause a shift to cortisol, at the expense of male & female hormones (see: **Male & Female Hormone Tests**).

As stressors continue, the cortisol also begins to diminish showing the reserves of cortisol are running low. This results in both low levels of DHEA and cortisol. Patients with this type of scenario have exhausted adrenals and this stage of stress is known *adrenal exhaustion*. This can cause severe symptoms such as chronic fatigue, exhaustion, overwhelm, anxiety, panic attacks, post natal depression, allergies, inability to lose weight, infertility, depression, burnout, muscle wasting, and so on.

Male & Female Hormone Tests - Among other functions, DHEA serves as a metabolic intermediate in the pathway for synthesis of testosterone, oestrone, and oestradiol in the adrenal glands, ovaries, and testes. Symptoms of low libido, erectile dysfunction, infertility, maintaining pregnancy, PMS, menopausal symptoms, post natal depression, irritability, weight gain or weight loss can be due to the poor adrenal activity which can affect the male and female hormones. **Female Rhythm PLUS** and the **Male Hormones PLUS** both include **Adrenal/Thyroid Test** - Adrenal hormones also act as modulators of thyroid function and when levels of DHEA & cortisol change, it may indicate significant variations in adrenal function that can impact the thyroid and therefore an individual's energy levels, metabolism and weight. See the **Adrenal/Thyroid Profile Test**.

When the adrenals are compromised and underperforming or there is an inappropriate hormonal stress response, it is necessary to consider stress reduction through diet and lifestyle modification, and nutritional supplementation to support adrenal gland activity and enhance the restoration of the physical barrier in the gut. It is also important to rebalance other affected hormones such as the thyroid and the male & female hormones through specific measures.

- Adrenal Stress Profile (END01) £ 82**
- Adrenal/Thyroid Profile Test (END05) £160**
- Male Hormones PLUS (END17) £172 (includes Adrenal Stress Profile test)**
- Female Rhythm (END10) £182**
- Female Rhythm PLUS (END11) £226 (includes Adrenal Stress Profile test)**

To order any of the tests

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