

Female Hormone Test

If you are experiencing low energy, PMS, cravings, menopausal symptoms like hot flushes, weight gain, fat increase, overwhelm, moodiness or infertility, a female hormone test may be just the place to start.

From adolescence through to menopause and beyond, your hormones affects many of the issues most important to you: sex, fertility, mood, relationships and even your outlook on life.

Throughout your life, hormones play a critical role in maintaining your health. Your body produces these chemicals to stabilise many of its body systems. The proper balance of hormones such as oestrogen, progesterone and testosterone are essential for optimal muscle tone, bone health, libido, fertility and a healthy menstrual cycle.

A healthy hormone balance can have a number of positive benefits including easier weight management, increased energy levels, less cravings, better periods and less PMS or a smoother transition through the menopause. Imbalanced hormones can also affect your skin tone, sleep patterns, your ability to burn fat and how your immune system functions. Hormones that are imbalanced can contribute to the development of osteoporosis, breast and endometrial cancer, and heart disease. This test is also recommended for all women with fertility issues who are finding it hard to get pregnant or if you have experienced a miscarriage.

Many women entering their 40s or 50s experience a range of symptoms from hormonal imbalance, including loss of sex drive, weight gain, brain fog, irregular menstrual cycles, hot flushes, vaginal dryness, incontinence, depression and changes in sleep patterns. It is imperative to establish your baseline hormone levels to determine if you need hormone replacement therapy (HRT) or whether other means of balancing hormones is more suitable for you.

Want to book a Female Hormone Test?

There are two tests and they differ because the Plus test includes the Adrenal Stress Profile Test which tests the Adrenal Glands which can directly affect female hormone levels. If you are run down, feeling fatigued or had any particular stress in your life, it would be advisable to take the Plus Test.

Both Female Hormone Tests are based on saliva samples which are taken at home. Follow the instructions carefully and then send off the samples to the laboratory as directed.

- Female Rhythm (END10) £182**
- Female Rhythm PLUS (END11) £226 (includes Adrenal Stress Profile test)**

To order a Female Hormone Test

Email: info@thinknutrition.co.uk

