



Stressed Out?

Ever wonder...Why you can't sleep well? Why you feel fatigued in the middle of the day? Why you have pain in your neck, shoulders, or lower back? Why you gain weight, but don't over-eat? Why you suffer from a diminished sex drive? Why you experience uncontrollable irritability or mood swings? Why you are susceptible to colds and the flu? Why you can't remember what you had for dinner last night? **The answer to these questions is probably STRESS.**

The Causes of Stress

Many people think of the causes of stress as being mental or emotional, such as having financial difficulty or losing a loved one. They do not realize that stress can also be caused by numerous physical factors. Examples of physical stress include visible conditions such as a broken foot or migraine headache. Physical stress also includes invisible conditions such as parasitic infections and food sensitivities. **Invisible physical stress can take the greatest toll on your health**, because it can persist for years without any symptoms, and often goes undiagnosed and untreated.

Adrenal Hormones

Your adrenal glands produce hormones that help your body to cope with stress. Under chronic stress these glands become fatigued, impairing hormone production and balance. **To resolve stress-related symptoms and health problems, the adrenal hormones must be balanced.** It is now possible to assess the health of your adrenal glands and pinpoint hormone imbalances.

BioHealth's Adrenal Test

This important test from BioHealth Diagnostics identifies the impact of chronic stress. It is an inexpensive, easy-to-use saliva test that evaluates the adrenal glands and identifies hormone imbalances. It provides scientific guidance, so that your doctor can develop a specific treatment plan to balance the adrenal hormones and correct health problems caused by stress.

Sex Hormones

The Adrenal Stress Profile evaluates cortisol and DHEA levels and directs therapies that helps your body handle stress. Your doctor may also choose to measure levels of sex-specific hormones - helping women through menstrual cycles or menopause, and assisting men with their own midlife challenge, commonly referred to as andropause.

Salivary Hormone Tests from BioHealth Diagnostics

Androstenedione
Cortisol
DHEA
DHT
Estradiol
Estriol
Estrone
Melatonin
Progesterone
Testosterone

De-Stress.

Take the first step.

Ask your doctor about
Adrenal Stress Testing