

Why Test Hormone Levels?

Hormones are powerful molecules essential for maintaining physical and mental health. We frequently think of estrogen as being a female hormone, and testosterone as being a male hormone. But men AND women make both, plus several more that need to be in balance for optimum health. **An imbalance of any one hormone can throw your physical and mental health out of balance**, causing aggravating and even serious health problems.

One size does not fit all when it comes to hormones! For decades western medicine has prescribed Hormone Replacement Therapy as if everyone needed the same thing and the same amount. Nothing could be further from the truth. **Your hormones are like your fingerprints** and in order to achieve optimal health, you need to know what your specific imbalances are.

There are several ways to test for hormones (saliva, serum and urine), but the state-of-the-art method is through saliva. This is because only the active portions of hormones are measured and it is these portions that determine how individuals feel. So if your patient is seeking bio-identical hormone replacement (BHRT), you'll need to know active hormone levels. In addition, if using a topical (transdermal) hormone preparation for treatment, saliva testing is the most accurate tool to measure and monitor hormone status.



Health Disclaimer: All information given about health conditions, treatments, products and dosages are not intended to be a substitute for professional medical advice, diagnosis or treatment. This is provided only as a suggested guideline.

619 Madison Street, Suite 100 Oregon City, Oregon 97045 | labrix.com | P: 1-877-656-9596 | F: 503-656-9756



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