

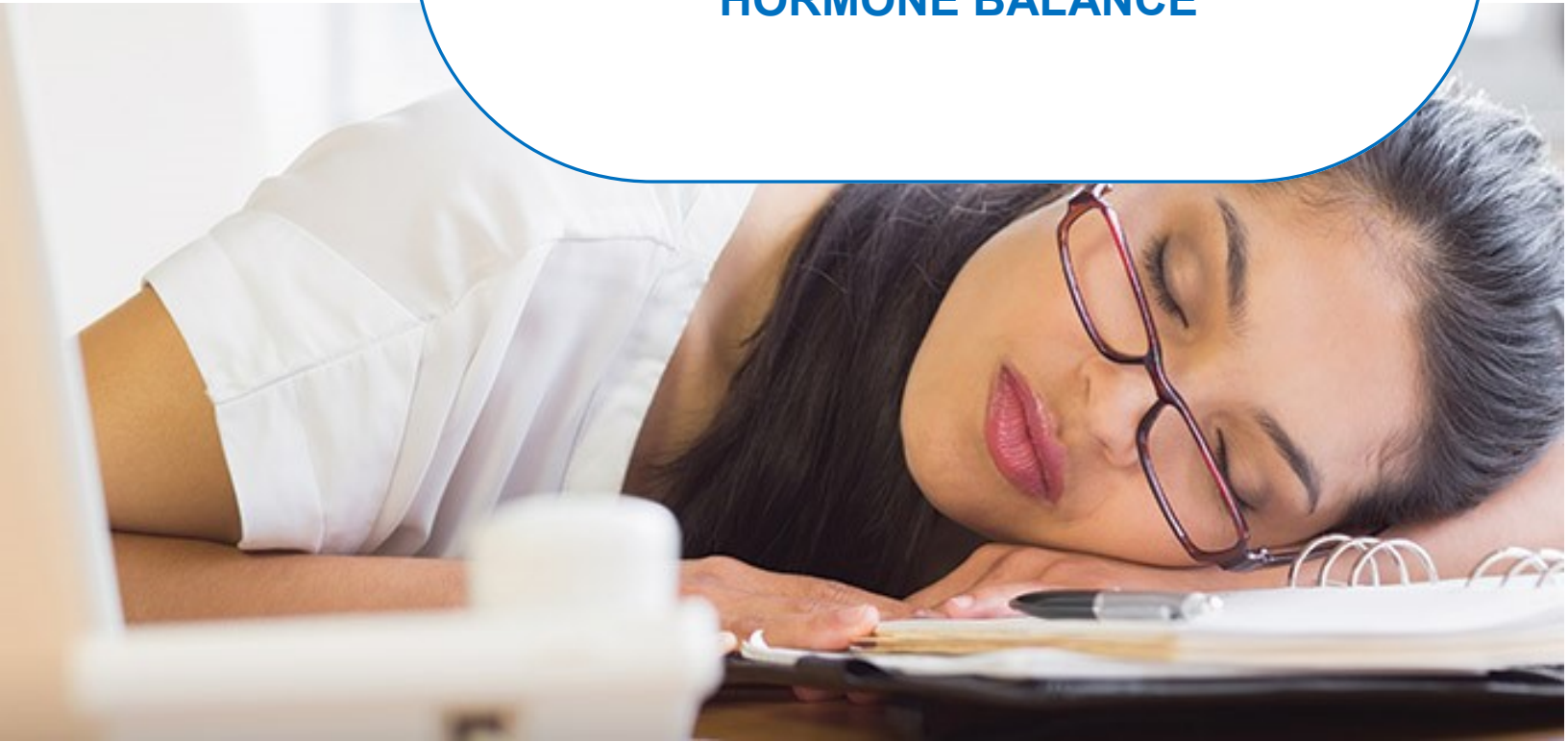


AYUMETRIX

Reinventing Diagnostics

ADRENAL FATIGUE

HORMONE BALANCE





ADRENAL FATIGUE AND HORMONE BALANCE

Finding Balance Through Hormone Testing

Adrenal Glands and Hormone Balance

Our adrenal glands help us to have a healthy – sometimes lifesaving – stress response, which wasn't designed to last very long.

The adrenals are walnut-sized glands located on top of each kidney, where they serve as important manufacturing centers for many of the body's hormones. The innermost section of each gland produces adrenaline (which you may know as epinephrine), and noradrenaline (also called norepinephrine). The layers outside the center, called the adrenal cortex, produce several other hormones, including cortisol, as well as DHEA, and the sex hormones estrogen, progesterone, and testosterone.

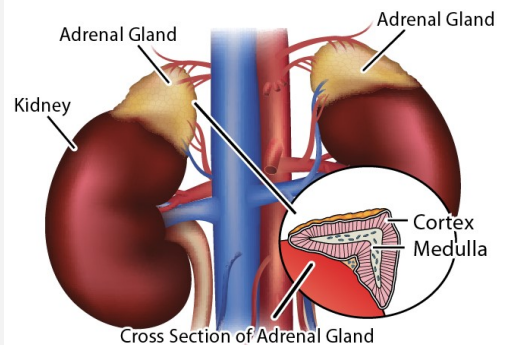
Along with several other key responsibilities, your adrenal glands' primary purpose is to help you survive in the face of a threat, rallying all your body's resources into "fight or flight" mode by increasing production of adrenaline and cortisol. Healthy adrenals instantaneously increase your heart rate and blood pressure, release your energy stores for immediate use, shut down digestion and other secondary functions, and sharpen your senses. But since they are programmed to respond to every kind of stress — physical, emotional, perceived, psychological, environmental, infectious, or any combination of these — a person under chronic stress can strain his/ her adrenal glands. Stress comes not only from a dramatic life event, but lack of sleep, financial worries, chronic dieting, infection, digestive issues, reliance on stimulants such as alcohol or caffeine, unresolved emotional issues and other worries or concerns.

Adrenals in balance produce adequate amounts of DHEA and cortisol to power us through the day, taking stress in stride. Together these hormones impact just about every process in the body, from energy production and immune activity to cellular maintenance and repair. They are key regulators of glucose, insulin and inflammation, and play a major role in bone and muscle building, mood and mental focus, stamina, sex drive and sleep cycles.

Adrenals out of balance are overworked and unable to produce enough essential hormone to keep us running on all cylinders. When a person is under constant physical or emotional stress, the adrenal glands are taxed to release elevated amounts of cortisol, the master stress hormone. But over time, if stress levels remain high, adrenal output is diminished. When that happens, cortisol levels plummet, along with our energy. We start to run out of steam, sleep fitfully, get sick and pack on pounds through the middle. These are the hallmark signs of adrenal fatigue.

Adrenal dysfunction issues have become common for many patients who lead the high-stress lifestyle prevalent in today's society. Failure to recognize and properly treat adrenal problems will result in a less than optimal health picture for these patients. Proper understanding of how adrenal dysfunction occurs, its assessment and treatment, and options for patients suffering from these disorders will allow practitioners to provide better health outcomes for their patients.

Excess or deficiency of adrenal output of cortisol will cause direct symptoms, as well as symptoms caused by secondary disruption of other endocrine hormone levels, metabolism, and function, and disturbances to the HPA and HPT axes.



Questions?

Call us at 1-800-215-8898

OR

Email at

info@ayumetrix.com

Adrenal Stress Profile using saliva testing offered by AYUMETRIX is a comprehensive test to assess full adrenal function

Are you at risk of Adrenal Fatigue?

Ask yourself

Do you feel difficulty getting up each morning, even after a long sleep?

Do you feel that your energy levels are lower than they used to be?

Do you feel that little amount of stress leaves you feeling overwhelmed?

Do you feel tired all day but a sudden boost of energy levels in the late evenings?

Do you crave for salty foods?

Do you rely on stimulants like coffee and sugar when you get tired?

Do you feel that your immune system is weakened?

Symptom Checklist

◇ Anxiety	◇ allergies	◇ Overall Fatigue
◇ Dark circles under the eyes	◇ Dizziness	◇ Depression
◇ Dry skin	◇ Extreme tiredness	◇ Frequent urination
◇ Insomnia	◇ Joint pain	◇ Loss of muscle tone
◇ Low blood pressure	◇ Low blood sugar	◇ Low sex drive
◇ Lower back pain	◇ Weight gain	◇ Numbness in your fingers

Hormone Testing is a Key Element of Effective Stress Management

AYUMETRIX's Adrenal Stress Profile Advantages:

Saliva testing for DHEA and diurnal cortisol levels at 4 time points during the day is a comprehensive test that can assess full adrenal function. By reviewing test results, your healthcare provider can:

- ◆ Identify adrenal imbalances caused by too much or too little hormone
- ◆ Match tested hormone levels with your symptoms to help individualize a treatment plan
- ◆ Retest to monitor and adjust treatment as needed
- ◆ Track progress with follow-up test reports

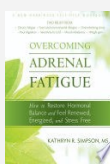
Recommended Reading



Adrenal Fatigue, The 21st Century Stress Syndrome James Wilson, N.D., D.C., Ph.D. Adrenal fatigue remains one of the most underdiagnosed illnesses in the U.S.; many physicians are still not familiar with it. That is why I wrote the book and lecture around the world, because once recognized, adrenal fatigue can be treated. You CAN get better.



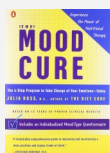
The Cortisol Connection Shawn Talbott, Ph.D. This book is important to us all, as each of us face a host of stresses in our everyday lives ... I believe it is a must-read for anyone interested in improving one's health and better coping with the stresses of life through optimal nutrition. - Dr. William J. Kraemer, Ph.D.



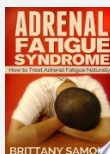
Overcoming Adrenal Fatigue: How to Restore Hormone Balance and Feel Renewed, Energized and Stress Free. Kathryn Simpson. The complete program in this workbook will help you: •Rebuild fatigued adrenals with balancing herbs and supplements •Eat for all-day energy and improved concentration •



Adrenalogic: Outsmarting Stress Lena D. Edwards, M.D. Adrenalogic is written for all of you who may suffer from inexplicable symptoms, such as fatigue, chronic pain, and stress sensitivity in the face of “normal” test results. You know there is something more going on, but you need guidance on where to begin. This book is your starting point, empowering you with the tools you need to take control of your stress and your health.



The Mood Cure Julia Ross, M.A. In this book, the author proposes that we are in a “bad-mood epidemic” and that much of our increasing emotional distress stems from correctable malfunctions in our brain and body chemistry, resulting from unmet nutritional needs. Provides readers who feel depressed, anxious and stressed with a complete nutritional repair plan.



Adrenal Fatigue Syndrome: How to Treat Adrenal Fatigue Naturally. Brittany Samons. This is why adrenal fatigue syndrome is also known as intense stress or chronic fatigue that cannot easily be fixed or coped with even if the body has had enough rest already.

Questions?

Email us at info@ayumetrix.com

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