

# ARE YOUR HORMONE LEVELS CAUSING YOUR CHRONIC HEALTH ISSUES?



Find out with **saliva testing**, an easy and noninvasive way of assessing your hormone balancing needs and proving the most reliable medium for measuring hormone levels. Unlike serum tests, saliva testing represents only hormones actively delivered to receptors in the body. Clinically, it is far more relevant to test these bioavailable hormones and provide an accurate reflection of the body's active hormone levels.

## Why Test Hormone Levels?

Hormones are powerful molecules essential for maintaining physical and mental health. 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.

## Why Saliva Testing? - Relevant Hormone Levels

When blood is filtered through the salivary glands, the bound hormone components are too large to pass through the cell membranes of the salivary glands. Only the unbound hormones pass through and into the saliva. What is measured in the saliva is considered the "free", or bioavailable hormone, that which will be delivered to the receptors in the tissues of the body. The bound hormone components are considered inactive and are not delivered to the tissues, thus non-bioavailable. So salivary testing is the most relevant hormone components due to the types of components that actually get detected.

## Only Saliva Testing Measures Topically Dosed Hormones

The discrepancy between free and protein bound hormones becomes especially important when monitoring topical, or transdermal, hormone therapy. Studies show that this method of delivery results in increased tissue hormone levels (thus measurable in saliva), but no parallel increase in serum levels. Therefore, serum testing cannot be used to monitor topical hormone therapy.



## Who should be tested?

- Men and women concerned with changing hormone levels as a result of age.
- Cycling women experiencing PMS symptoms - related to a hormonal imbalance.
- Pre- and post-menopausal women concerned with their estradiol and progesterone levels for replacement considerations.
- Those wishing to monitor their hormone levels following replacement therapy (oral, sublingual or topical).
- Anyone with symptoms involving fatigue, insomnia, stress, immunity problems, blood sugar problems, and an over weight body should be tested for cortisol levels.
- Men and women of any age who are having symptoms of hormone imbalances should test for all hormones that may be associated with their symptoms.
- Men and women over the age of 40 may want to do a baseline test.

Contact your clinician and request information about **Salivary Hormone Testing Today.**



living balance  
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