

# HORMONE TEST

## OVERVIEW

Have you had your hormones tested? Here's why we adore the DUTCH test when it comes to hormones:

- Sex hormones: estrogen, progesterone, testosterone and shows how the body is using these hormones - are they helping or hurting you and how to fix it!
- Best adrenal test possible: includes 24-hour free cortisol, metabolized cortisol, DHEA, DHEA-s, and cortisone levels
- Extra markers that support hormone balance: B12, B6, glutathione, oxidative stress, neuroinflammation, melatonin and more!

## HORMONE SYMPTOMS

As a root-cause health practitioner, I understand that hormone imbalances are often related to gut health and other factors. However, clear evaluation of hormone levels is helpful for the following symptoms or conditions:

- Acne
- Anxiety or chronic stress
- Brain fog
- Breast pain, cysts, etc
- Chronic fatigue
- Irritability, PMS
- Depression/mood issues
- Endometriosis
- Irregular periods
- Insomnia or sleep issues
- Low libido
- Menopause symptoms
- Osteoporosis
- PCOS
- Weight gain
- Muscle loss
- Hair loss or thinning

## IMPORTANT NOTE

The symptoms above may be caused by a variety of underlying stressors, such as poor gut health, food sensitivities, environmental toxins, poor blood sugar regulation, poor diet, excess exercise/stress, and more.

Rebekah will evaluate your hormones but will also look for clues between your hormone test, food intake, symptoms, history and more to guide you on a holistic, root-cause approach to hormone balance. She does not prescribe hormone therapy replacement but can refer out if needed.



## TEST DETAILS

### TEST TYPE

- Kit mailed to your house
- **Easy at-home urine test**; samples are then mailed to the lab

### LAB FEES

- **\$300 for DUTCH Complete**
- **\$180 for Adrenal panel only**
- **\$275 for optional add-on blood test**: includes extra consult time, a thyroid panel, prolactin, SHBG, FSH, LH, insulin, glucose and HOMA-IR ratio

### CONSULT FEE

- **\$225 for Lab Review Consult**
- Includes a detailed review, up to 1 hour consult and recommendations
- This is a **virtual consult**, so anyone can benefit, near and far

## EXPERT REVIEW

Rebekah has extensive training and experience in evaluating hormone health and will be thorough in looking for any root causes related to your hormone balance. She will review your dietary intake, lifestyle factors, supplements and medications when creating your custom plan.

Rebekah Lund, Owner, Functional Practitioner, Certified Thermographer

