

Hormone Optimization

Dr. C is going to look at three areas....

1. Your Symptoms
2. Body Composition Analysis
3. Bloodwork

The reason she requests your blood tests to be more detailed than just checking testosterone, estrogen and progesterone is because there are other factors that can modify how and why you are having these symptoms due to hormonal imbalances.

1. **Cortisol** - When cortisol levels that are too high or too low, it can mimic symptoms of moderate fatigue, sleep disturbances and weight gain. When your levels are outside this ideal range, the body's normal repair and restoration that would usually occur during sleep can't exist properly. Without this ability, your body is not able to receive *any* of the benefits from optimizing your hormones.
2. **DHEA** - DHEA is known as the "mother of all sex hormones" and affects your sense of well being and metabolism. Low DHEA can be found during menopause, which slows sex hormone production and metabolism. This can help with weight gain that is expected in middle age.
3. **Vitamin B12** - low levels effect energy, metabolism and the quality of your hair,nails, skin, blood and sensory nervous system.
4. **Vitamin D** - Low Vitamin D levels can result in low energy, slower metabolism, sleep problems and poor calcium absorption resulting in inadequate bone health.

So, by testing all factors, including Cortisol, DHEA, and Vitamin D, B12, Testosterone, Estrogen and Progesterone, we can determine what is really going on with you. We can then make corrections with either medication and/or supplementation to optimize your hormone, make you feel better and live your best life!