

A Complete Handbook to *Hormone Testing*

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Hello friend!

Congratulations on taking this proactive step to uncover the information you need to finally understand your health!



As a registered nurse (RN) and functional nutrition practitioner, I see so many people struggle with health issues that seem to have no medical explanation. Whether it's headaches, difficulty sleeping, anxiety, fatigue, or any number of other problems—lots of these vague issues have no clear explanation. If that sounds like you, you may have even been to the doctor and been told that all of your labs and tests look just fine.

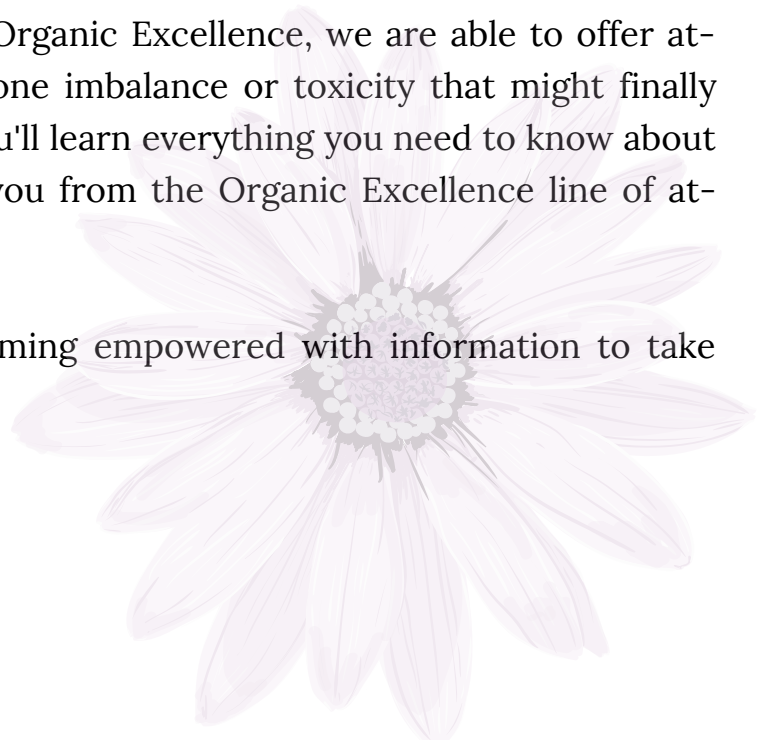
But you know something's just not right.

That's why I am so thrilled that now, through Organic Excellence, we are able to offer at-home test kits that measure markers of hormone imbalance or toxicity that might finally explain what's wrong. In the following pages, you'll learn everything you need to know about hormone testing and the options available to you from the Organic Excellence line of at-home test kits.

Here's to eliminating the guesswork and becoming empowered with information to take charge of your health!

Warmly,

Jaime Boyachek, BSN RN FNLP
CEO of Organic Excellence





Why Hormone Testing?

Hormone imbalances can affect anybody at any age. They can cause acne, irritability, or insomnia. They can cause weight gain, fatigue, and depression. Hormonal imbalances can even put you at risk of developing more serious conditions or diseases. The challenging part is that the causes of hormonal imbalance are not straightforward.

Hormones can be disrupted by diet, lifestyle, medications, and exposure to everyday environmental toxins that disrupt the endocrine system. Hormones can even go out of whack simply from too much stress. The endocrine system and both the female and male sex hormones are quite complex.

Unfortunately, conventional medicine has an overly simplified view of hormones—including testing. **The best way to understand what is going on with your body (so you can make informed choices about what to next) is to TEST.**

The Basics of Hormones



Estrogen

Not all estrogen hormones are the same. The body makes three major types of estrogen hormones. The first and most abundant estrogen hormone produced in women of childbearing years is called **estradiol or E2**. It is important for maintaining regular menstrual cycles and the overall health of the female. **Estriol (E3)** is really only detected in significant quantities during pregnancy during which it is produced by the placenta. The third major estrogen hormone is known as **estrone (E1)**, which is the main estrogen hormone that the female body produces after menopause.

Most people think of estrogen as a female hormone, but it also plays important role in male sexual function—including sperm development, erectile function, and libido. Too much estrogen in men, however, can be problematic. It can lead to enlarged breasts, prostate enlargement, and weight gain.





Progesterone

Progesterone plays a very important role in preparing the female body for pregnancy. Each menstrual cycle, after the egg is released, a structure known as the corpus luteum releases progesterone and causes a dramatic increase in progesterone levels. The progesterone hormone prepares the lining of the uterus for attachment of a fertilized egg. It prevents the thick lining from shedding if an egg is fertilized. If the egg is not fertilized, progesterone levels decrease and this lining sheds, which is the process that we know of as menstrual bleeding. The progesterone levels will remain high if an egg is fertilized and they play a vital role in growing the placenta and establishing an appropriate environment for the fetus to grow.

Progesterone is essential for men to produce testosterone. Without sufficient progesterone, men could suffer from symptoms of low testosterone, such as depression, weight gain, enlarged breasts, erectile dysfunction, muscle loss, or fatigue.



Testosterone

Testosterone is predominantly a male hormone, and low levels in men can lead to depression, weight gain, enlarged breasts, erectile dysfunction, muscle loss, or fatigue. Elevated levels of testosterone can also be problematic, potentially adversely affecting the prostate and increasing the risk of cancer.

Women also require low levels of testosterone for bone strength, increased cognitive performance, and an increased sex drive. Women with insufficient levels of testosterone experience low libido or osteoporosis. High levels of testosterone in women can lead to the development of excess body hair, facial hair, and acne. If testosterone levels are alarmingly high, women can also develop PCOS and are therefore at risk of infertility.





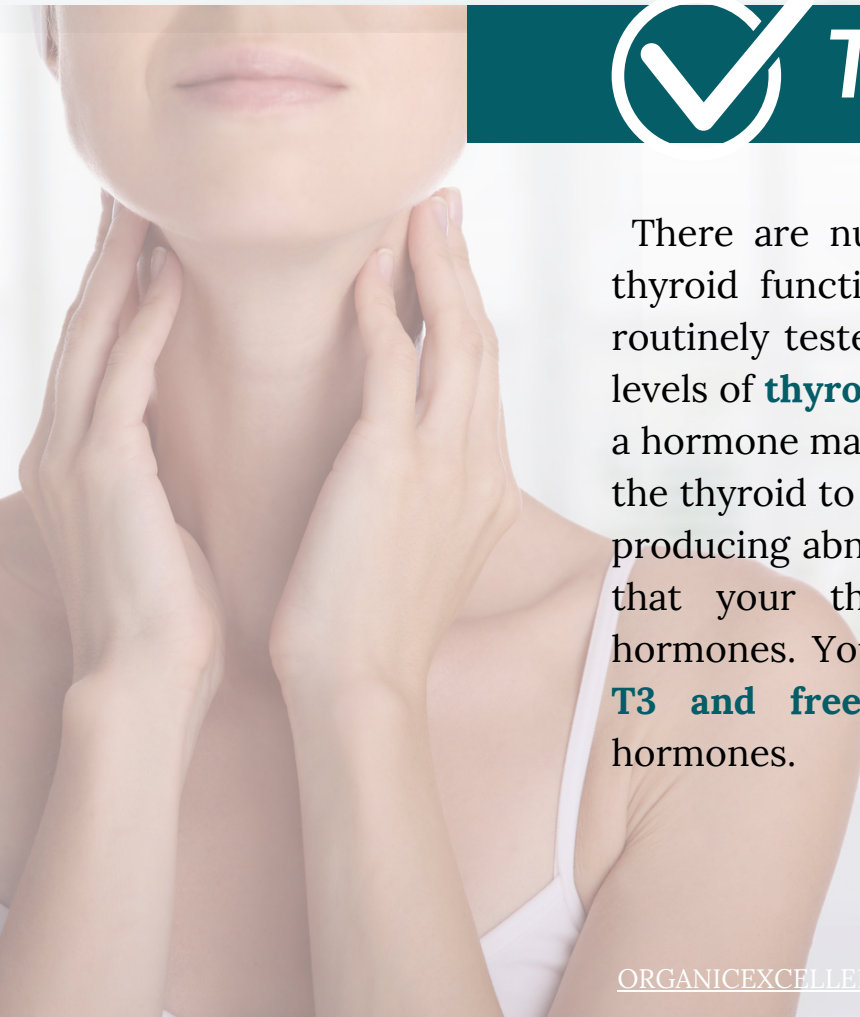
Cortisol

Cortisol is more commonly known as the stress hormone. It is released by the adrenal glands upon signals from the hypothalamic-pituitary-adrenal (HPA) axis. It is the chemical controller of far more than you thought: **digestion and hunger, sleeping and waking, blood pressure and physical activity, as well as stress levels.** It is also responsible for blood pressure regulation, insulin release for blood sugar level maintenance, functions of the immune system, and maintaining appropriate levels of glucose, as well as your inflammation response system. Cortisol is produced in a similar pattern in both men and women.



Thyroid Hormones

There are numerous hormones involved in healthy thyroid function. There are typically three that are routinely tested: **TSH, T3, and T4**. You can check for levels of **thyroid-stimulating hormone (TSH)**, which is a hormone made by the pituitary gland, that stimulates the thyroid to make hormones. If the pituitary gland is producing abnormally high levels of TSH, it may mean that your thyroid gland is not making enough hormones. You can also measure the amount of **free T3 and free T4**, which are the active thyroid hormones.



Before You Test

Many people ask if they need to stop taking hormones before doing one of our at-home test kits from Organic Excellence. Unlike when you get tested by other labs, **you do not need to stop taking hormones for your results to be accurate from our lab.** That's because our partner lab has reference ranges that are adjusted for age, menstrual status, and different types of hormone supplementation. **If you have further questions regarding testing while taking hormones, medications, or supplements, speak to your doctor.**

What if I'm using a hormone cream?

If you are currently using a hormone cream, **we recommend you monitor your levels with blood spot or salivary testing.** We do not recommend monitoring with serum (blood draw) because the results could be misleading. When hormones are applied topically to the skin, they show up in the capillary blood (measure in a blood spot) and in the saliva—but not in the serum. That means you could be using a hormone cream, have your hormones tested with a blood test, and your doctor will think your hormone levels are still low. That's dangerous because they may recommend that you use more. The reality is that the hormones are getting into the body, and we can see that with a bloodspot or salivary test.



Organic Excellence At-Home Test Kits

Organic Excellence has partnered with a leading lab in hormone testing.

- ✓ More than 10 million tests performed over 20 years
- ✓ Conducting research in reference ranges and industry-wide standards
- ✓ Trusted by doctors in all 50 states and 96 countries around the globe
- ✓ Supporting research with the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), and renowned universities worldwide

We offer 5 at-home test kits, which you can order directly from [organicexcellence.com](https://www.organicexcellence.com). There is no doctor visit required, no trip to the lab, and no surprise bills. You'll get everything you need in one convenient kit and secure access to your results online. We offer 5 test kits to choose from—described on the following pages.

1. Hormone Trio Kit

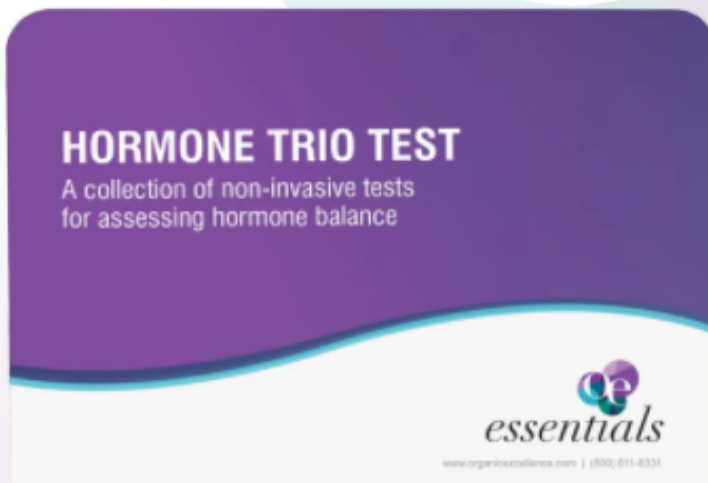
Overview: This salivary test gives information about the three main hormones affecting both men and women.

Hormones tested: Estradiol (E2), Progesterone, Testosterone

Collection type: Saliva

Use for Men: This test is ideal for establishing a baseline and monitoring the use of Organic Excellence's Masculine Balance Therapy

Use for Women: This test is ideal for establishing a baseline and monitoring the use of one of Organic Excellence's Progesterone Creams.



2. 5 Key Hormones Test

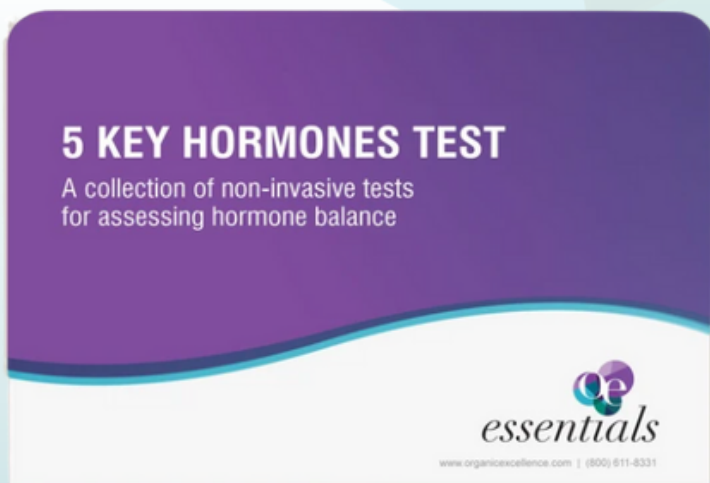
Overview: This comprehensive profile tests waking levels of estradiol, progesterone, testosterone, DHEA-S, and cortisol. It provides a full cortisol profile at four time points during the day (morning, noon, evening, night) for extremely accurate results.

Hormones tested: Estradiol (E2), Progesterone, Testosterone, DHEA-S, Cortisol

Collection type: Saliva

Use for Men: This test can evaluate sex hormones and stress hormones related to a wide variety of symptoms. This test is also ideal for establishing a baseline and monitoring the use of Organic Excellence's Masculine Balance Therapy

Use for Women: This test can evaluate sex hormones and stress hormones related to a wide variety of symptoms. This test is also ideal for establishing a baseline and monitoring the use of one of Organic Excellence's Progesterone Creams.



3. Key Thyroid Test

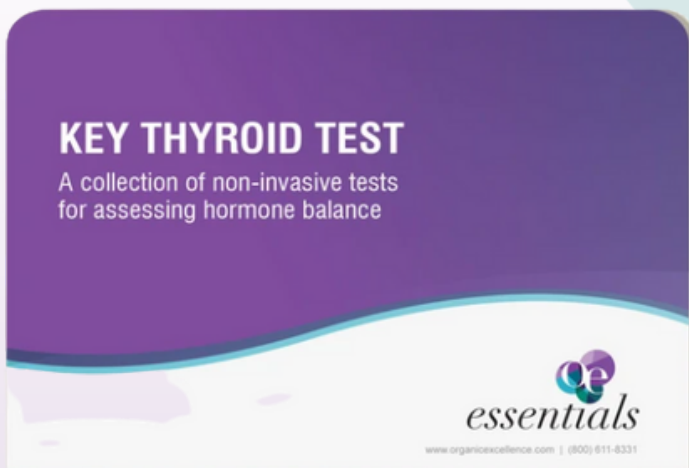
Overview: This dried blood spot provides comprehensive testing for minerals that can either benefit or harm thyroid health (iodine, selenium, bromine, lithium, arsenic, cadmium, mercury) as well as a full analysis of thyroid hormones and antibodies (T4, Tgbn, TSH, fT3, fT4, TPO ab).

Hormones tested: TSH, Free T4, Total T4, Free T3, TPOab, Tgbn, and Mineral Deficiencies

Collection type: Dried Blood Spot

Use for Men: This test can screen for the most common causes of thyroid imbalance, including hypothyroid or hyperthyroidism. It can also be used to monitor thyroid replacement therapy.

Use for Women: This test can screen for the most common causes of thyroid imbalance, including hypothyroid or hyperthyroidism. It can also be used to monitor thyroid replacement therapy.



4. Complete Stress Hormones Test

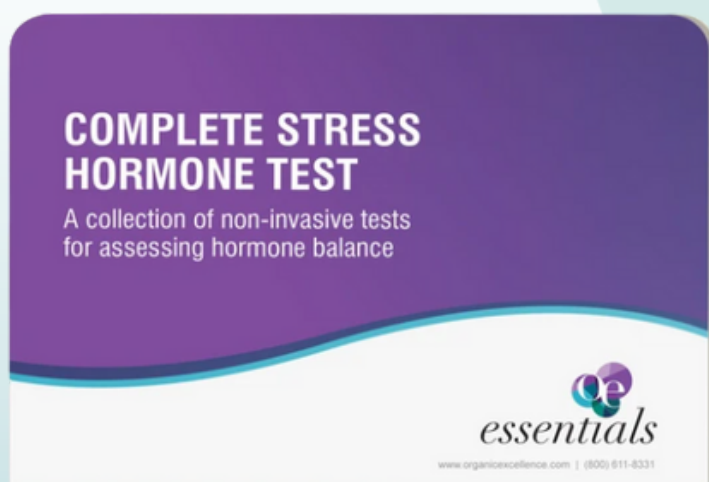
Overview: The Complete Stress test kit is a saliva-based test panel. This test involves collecting four non-invasive samples over the course of one day. This four-point graph reveals cortisol levels throughout the day and allows you and your healthcare professional to pinpoint issues with adrenal gland function.

Hormones tested: Adrenal hormones, DHEA-S, and diurnal Cortisol

Collection type: Saliva

Use for Men: Individuals under stress with multiple symptoms of adrenal imbalance, including immune dysfunction, fatigue, allergies, and sleep disturbances will benefit from this test.

Use for Women: Individuals under stress with multiple symptoms of adrenal imbalance, including immune dysfunction, fatigue, allergies, and sleep disturbances will benefit from this test.



5. Comprehensive Toxins and Elements Test

Overview: This kit tests for toxic elements that can increase your risk of developing health conditions. This test also provides your levels of essential elements like copper, iodine, magnesium, selenium, and zinc.

Hormones tested: Toxins heavy metal exposure and nutritional element levels

Collection type: Urine & Dried Blood Spot

Use for Men: Use this test to identify toxic exposures or nutritional deficiencies that might contribute to hormonal imbalances or poor health.

Use for Women: Use this test to identify toxic exposures or nutritional deficiencies that might contribute to hormonal imbalances or poor health.



Let's eliminate the guesswork!

Stop wondering what is going on with your health. Without testing, you could chase your symptoms in complete confusion forever. Purchase an at-home test kit to become empowered with information about your health!

Order Your Organic Excellence At-Home Test Kit at
www.organicexcellence.com



About Organic Excellence

Our world is riddled with chemicals that can harm your hormones and health. Organic Excellence has been a pioneer in bioidentical hormone creams and toxin-free personal care products since 1999 because we know that what you put on your body ends up in your body.

[ORGANICEXCELLENCE.COM](https://www.ORGANICEXCELLENCE.COM)

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