

# Any Lab Test Now

## ADRENAL STRESS TAKE HOME HORMONE KIT

### **DESCRIPTION**

This kit tests the adrenal hormones DHEA-S and Cortisol, the master stress hormone. When individuals experience continuous stress, not only from emotional stressors (e.g., marital, financial, and occupational) but also from physical stressors (e.g., sleep deprivation, caffeine consumption, pain, extreme exercise), it can lead to changes in adrenal hormone levels, related to disorders ranging from anxiety to allergies and irritability to infertility.

### **WHY DO I NEED THIS TEST?**

Do you often feel overwhelmed by the stress in your life? Are you usually tired when you wake up in the morning, but too 'wired' at night to fall asleep? Are you struggling with anxiety? Suffer from sugar cravings? Allergies? After exercise do you feel energized or exhausted? Do you get sick easily and find it hard to bounce back?

Testing your adrenal stress levels can help to uncover hidden imbalances of the key hormones tied to mental, emotional and physical energy. Testing can pinpoint imbalances of DHEA that contribute to decreased bone and muscle mass, strength, stamina, and libido, and erratic cortisol rhythms that impact mood, memory, and immune defenses against illness and disease.

### **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

Test results generally take between 3 to 5 business days after your specimen is received at the laboratory.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

### **OTHER RELEVANT LAB TESTS**

Customers interested in the Adrenal Stress Take Home Hormone Kit may also want to consider the Complete Hormone Health Profile, the Sleep Balance Take Home Hormone Kit or the Elements-Thyroid Take Home Hormone Kit.

### **WRITTEN BY:**

**EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR**

Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

**FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567**

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