Women's Hormone Test

Lab test | Saliva

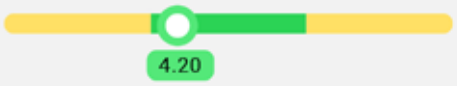
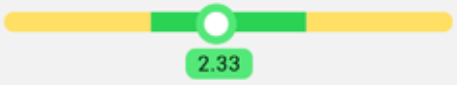
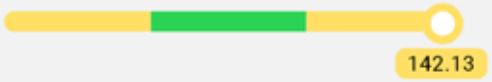
Name: **Sample Report** Date of test: **11/07/2023** Analysis-ID: **DUMMY-49**

getTested

Your test results

Our lab has tested your saliva samples for the level of cortisol, DHEA, progesterone, estradiol, testosterone, and the ratio between estradiol and progesterone. Your results can be found below.

Women's Hormone Test

Namn	Your value	*Reference value	Scale
Cortisol	4.20 mg/ml	3 - 9 mg/ml	
DHEA	39.54 pg/ml	90 - 460 pg/ml	
Estradiol	2.33 pg/ml	Lutel phase 1,76-4,99 pg/ml Follicular phase 0,8-7,7 pg/ml Ovulation phase 3,4-14,3 pg/ml Postmenopause 1,1-3,8 pg/ml	
Progresterone /Estradiol Quotient	61.11 Quota	30 - 50 Quota	
Progesterone	142.13 pg/ml	Luteal phase 87.3 - 544.3 pg/ml Follicular phase 30,2-51,3 pg/ml Postmenopause 21,0-69,0 pg/ml	
Testosterone	19.91 pg/ml	7,7 - 39 pg/ml	

The scale is based on the luteal phase, when we recommend collecting the sample.

Follicular phase: From the first day after menstruation until ovulation.
Ovulation phase: Sometime 12-16 days before menstruation (with normal menstrual cycle).
Luteal phase: The time between ovulation and menstruation.
Postmenopause: Menopause and beyond.

Progesterone

Namn	Your value	*Reference value	Scale
Progesterone	142.13 pg/ml	Luteal phase 87.3 - 544.3 pg/ml Follicular phase 30,2-51,3 pg/ml Postmenopause 21,0-69,0 pg/ml	142.13

Progesterone is important for both women and men. Progesterone is needed for bone mass, collagen production, mood, sleep, fertility, breast and prostate health, memory and affects the water balance in the body. Progesterone can also act as an antagonist to estrogen.

The level of progesterone in the body usually starts to drop in the mid-30s and it is common today for women to have a hormonal imbalance between estrogen and progesterone, which can lead to estrogen dominance.

Too low levels of progesterone can play a role in, among other things, infertility, PMS, cysts, fibroids, miscarriages, menopausal symptoms, headaches / migraines, depression / aggression, memory, energy levels, sex drive, weight, bone mass and thyroid disease.

Estrogen

Namn	Your value	*Reference value	Scale
Estradiol	2.33 pg/ml	Lutel phase 1,76-4,99 pg/ml Follicular phase 0,8-7,7 pg/ml Ovulation phase 3,4-14,3 pg/ml Postmenopause 1,1-3,8 pg/ml	2.33

Estrogen is a group of hormones that includes estradiol, estriol and estrone.

Estradiol (E2)

Estradiol (E2) is known as the female fertility hormone. Estradiol is needed for both women and men and is needed for, among other things, cell division, blood vessels, sleep, skin and hair and helps to regulate the body's temperature.

Too high levels of estradiol can lead to, among other things, fibroids, breast/uterine cancer, fatigue, increased fluid retention, depression, headaches, decreased sex drive, osteoporosis, increased risk of stroke, decreased fat metabolism, blood clots and more.

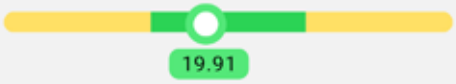
Low levels of estradiol can lead to, among other things, hot flashes, mood swings, menstrual disorders, skin changes, hair loss and infertility.

Low levels of estradiol may indicate an early follicular phase or birth control pill. The menstrual cycle can be very irregular. If you no longer have a menstrual cycle, it may be an indication of perimenopause.

Premenopause - you are still menstruating, but no menopausal symptoms even though hormonal changes may occur.

Perimenopause - menopausal symptoms begin to appear.

Testosterone

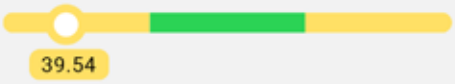
Namn	Your value	*Reference value	Scale
Testosterone	19.91 pg/ml	7,7 - 39 pg/ml	

Testosterone is known as a male hormone, but women also need testosterone for energy, endurance, muscle strength and sex drive. Testosterone supports metabolic processes such as fat burning, blood sugar regulation, production of red blood cells, is needed for the vessels, supports the brain, counteracts high blood pressure and strengthens the immune system.

Low testosterone levels in women can lead to heavy bleeding, decreased muscle strength and sex drive, anxiety, depression, decreased self-confidence and less energy.

Too high levels of testosterone can lead to aggression, increased facial hair growth and acne during puberty.

DHEA

Namn	Your value	*Reference value	Scale
DHEA	39.54 pg/ml	90 - 460 pg/ml	

DHEA (dehydroepiandrosterone) is mainly produced in the adrenal cortex. It counts as a prohormone as it is converted to testosterone and estrogen. DHEA has different regulatory mechanisms in our metabolism - it regulates body weight and increases libido. In addition, it positively affects our cardiovascular system, immune system and memory and helps us to tolerate stress better. DHEA is an antagonist of cortisol. Chronic stress can lower DHEA.

DHEA should only be prescribed by a doctor. Please consult your doctor if you are below the recommended level.

Cortisol

Namn	Your value	*Reference value	Scale
Cortisol	4.20 mg/ml	3 - 9 mg/ml	4.20

Cortisol is the most important stress hormone and is released during mental and / or physical stress. This is where the term "stress hormone" comes from. Cortisol is produced in the adrenal cortex mainly during the second half of the night. It is then available in maximum concentration for daily activities between 7 and 8 am in the morning. During the day the cortisol level drops significantly and in the evening there should only be about 10% of the morning level left.

The effect of cortisol: Inhibits the protein synthesis of lymphocytes (which are important cells in the immune system) and its inflammatory processes, in addition it is important for water balance, protein metabolism and electrolyte balance. It stabilizes blood sugar levels during periods of hunger (fasting) and suppresses immunological processes. Cortisol also affects emotional well-being.

Chronic stress and adrenal gland diseases can lead to low cortisol levels. This in turn can cause burnout, fatigue, lack of motivation, disturbed perception of pain, constipation or diarrhea as well as discoloration of muscles and joints or increased skin pigmentation.

Elevated cortisol can be caused by acute or chronic stress and long-term treatment with glucocorticoids (a group of steroid hormones produced in the adrenal cortex). Elevated levels can lead to increased susceptibility to infections, obesity / tendency to store fat, diabetes mellitus, muscular dystrophy, nervousness, depression, stress, headaches and osteoporosis.

Ratio Progesterone / Estrogen

The ratio between progesterone and estrogen should not be less than 1:30. Levels below this indicate progesterone deficiency, which is usually called estrogen dominance.

Intake of extra hormones

Hormonal treatment should always be supervised by a doctor or other qualified healthcare practitioner. In some countries, bio-identical hormones are prescription-only.

If you as a woman are already taking estrogen and starting treatment with progesterone, the estrogen dose should be halved initially to avoid an increase in discomfort. Keep in mind that hormone therapy should always be monitored by a doctor or other qualified healthcare practitioner. Homeopathic products or herbs can be purchased without a prescription.

Natural progesterone cream is easily absorbed by the skin and then by the connective tissue underneath and smaller amounts are required by the hormone when applied externally. This is how progesterone reaches the bloodstream. From there, it is transported to progesterone receptors throughout the body.

Apply the progesterone cream on areas where the skin is thinner, such as the inside of the forearms, wrists, palms, soles of the feet, face or neck. Avoid putting the cream on the breast and nipples - nipples can react sensitively when applying progesterone, as very many progesterone receptors are there - for this reason, never apply directly to the breast.

Application of the cream:

- Start the daily application of the progesterone cream on the 12-16th day of your menstrual cycle, depending on the length of your cycle.
- Apply the cream 1-2 times daily until your period begins. If you have PMS, you can start using the cream 10 days before your expected period, if you suffer from pain even at the beginning of menstruation and thereafter. You can increase the dose slightly before your period. Try what's best for you.
- Do not use cream when you are menstruating - no matter how long you are menstruating.

The first day of menstruation is the first day of the monthly cycle.

Elevate estrogen

The following substances have been scientifically proven to help raise estrogen:
Phytoestrogens (6), maca (7), boron (8) and red clover (9).

Phytoestrogens are substances that are similar to the body's own estrogen and bind to estrogen receptors in the body. There are different types of phytoestrogens; daidzein and genistein from soy are the most potent phytoestrogens and also the most studied. Other types of phytoestrogens are found in cruciferous vegetables, nuts, and seeds (specifically flaxseeds). Plant extracts (such as phytoestrogens) usually take longer to take effect than it takes to add estrogen in itself.

There is a study where 125 patients received genistein (phytoestrogen) compared to 122 who received placebo. After one year of treatment, 60% of the treatment group had reduced symptoms of their menopausal symptoms and without it having affected the lining of the uterus negatively, which it can do with estrogen treatment. However, this shows that it can take a long time to get results with natural treatment.

Both maca and red clover are herbs. Maca is a root/tuber that grows in the Andes and is available in health food stores and can be ought online as a powder. Red clover is a phytoestrogen like soy and belongs to the group of isoflavonoids.

Lower estrogen

The following substances have been scientifically proven to help lower estrogen:

- Zinc
- Magnesium
- Selenium (10)
- Reduced carbohydrate intake (11)
- Indole-3-carbinol (12)

Indole-3-carbinol is a substance found in cruciferous vegetables such as broccoli, cauliflower and kale. Indole-3-carbinol supports liver detoxification of estrogens.

Increase progesterone

The following substances have been scientifically proven to help raise progesterone:

- Vitamin B6 (1)
- Agnus castus
- Arginine
- Green tea (2)
- Vitamin C (3)

Vitamin B6 is needed for progesterone to be produced in the body. Studies have shown that women with higher levels of vitamin B6 reduced the risk of miscarriage by 50% (13) (14).

Agnus castus / monk's pepper is a herb and arginine is an amino acid.

Lower progesterone

The following substances have been scientifically proven to help lower progesterone:

- Vitamin D (4)
- Dietary fiber (5)

Natural ways to increase testosterone

While strength training and high-intensity interval training have been shown to increase the natural production of testosterone, extreme endurance sports can instead lower testosterone. Sleep quality is another important factor for testosterone production, it has been seen in studies that the amount of testosterone is highest at night and especially during REM sleep (dream sleep) in both men and women and then decreases during the day.

Stress can also affect testosterone levels. During stress, more cortisol is produced, which can lower testosterone.

Vitamin D and the minerals calcium, magnesium, selenium, and zinc can also help raise testosterone.

Furthermore, the hormonal values as a whole should be taken into account.

Things to avoid at low testosterone levels

The following can adversely affect testosterone production: alcohol, nicotine, sugar and refined carbohydrates, as well as obesity.

Lowering too high testosterone?

If you as a woman have too high levels of testosterone, you should also measure estrogen and progesterone to see how the hormones should be balanced.

Some foods seen in studies can lower testosterone levels:

- Mint tea was tested among 42 women with excessive hair growth associated with high testosterone. For 30 days, they drank 2 cups of green mint tea or placebo tea. Those who drank green mint tea after the test period had significant reductions in both total and free testosterone compared to the women in the placebo group.
- Omega-3 has been shown to reduce testosterone in women. Omega-3 is found in fatty fish such as salmon, mackerel, herring, sardines and anchovies.
- Flaxseeds can help lower high testosterone by tying it up and removing it from the body. In a case study, it was seen that 30 grams of flaxseeds daily for four months significantly reduced both free and total testosterone.

This test does not replace a medical consultation. Always seek medical attention if you experience severe symptoms.

getTested