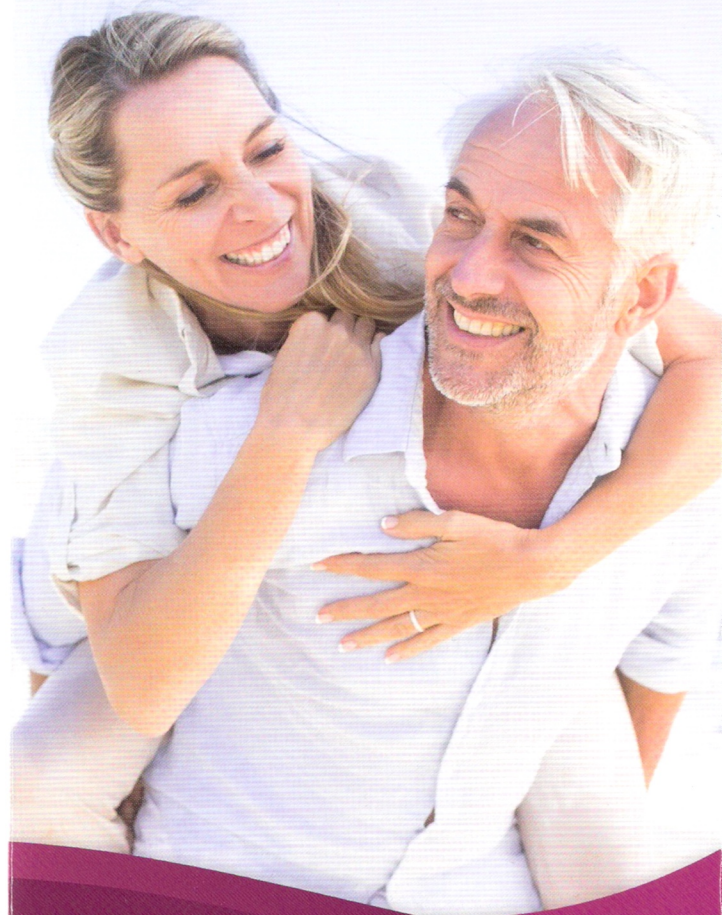


HORMONE BALANCE

Your Key To Better Health



 **ZRT**
LABORATORY

www.zrtlab.com



A Delicate Balancing Act

Hormones exist in harmony with each other—partners in a delicate balancing act.

When levels are in balance, body systems are stable. When levels fall out of balance, normal function is disrupted, leading to chronic symptoms, disorders and disease.

Everyday Decisions Have An Impact

Hormone balance starts with the everyday decisions we make. Lifestyle, nutrition and supplementation impact that balance—as well as our overall health.

Symptoms that may signify an imbalance include:

- Hot flashes
- Night sweats
- Fatigue
- Weight gain
- Sleep disturbances
- Irregular cycles (women)
- Mood swings/irritability
- Headaches
- Thinning hair
- Depression
- Foggy thinking
- Loss of libido (sex drive)
- Decreased urinary flow/increased urge (men)

Finding Your Balance

Active in cells throughout the body, hormones govern key facets of our health such as moods, memory, energy, sleep, libido and fertility. They not only regulate our immune system and response to stress, but help maintain bone and muscle mass, too.

Factors such as **stress, diet, exercise and environmental toxins** impact our overall hormone wellness.

This is particularly true at mid-life, when reproductive functions diminish and significant hormone production is taken over by the adrenal glands.

Symptoms resulting from hormonal shifts in our bodies can be felt strongly—leading us to feel physically or mentally out of balance.



Menopause in Women

When hormone levels begin dropping in menopause, a deficiency of one hormone can actually appear as a relative excess of another, resulting in symptoms of hormone imbalance.

The start of menopause typically occurs around the age of 50, but it's not uncommon to see symptoms much sooner—even as early as mid to late 30s depending on stress levels, diet and exercise. Menopause can also be surgically induced through oophorectomy (removal of the ovaries), radiation or chemotherapy.

A woman's first symptoms may include:

- Irregular cycles
- Heavy or light periods
- Changes to menstrual cycle length
- Anxiety
- Insomnia
- Headaches

Testing and monitoring hormone levels enable women to work with their health care providers to find appropriate solutions that alleviate menopause symptoms and lead to hormonal wellness.

Andropause in Men

The natural decline of testosterone in men contributes to weight gain, muscle weakness, lean muscle loss, depression, bone loss, sexual dysfunction and other symptoms associated with andropause—also called male menopause.

In contrast to the “roller coaster” effect so common to women in menopause, the symptoms of andropause appear gradually and can be much less obvious.

Some of the first signs that a man may be experiencing this change include:

- A subtle downward shift in strength and energy
- Loss of enthusiasm for the challenge of work, competition and sexual activity

Along with natural aging, factors such as excessive stress, weight gain and lack of exercise can further lower testosterone—impacting stamina, drive and virility.

Through hormone testing and the aid of a qualified health care provider, men can diminish the effects of andropause and return to youthful vigor.

Lab Tests Made Simple

Samples can be collected in minutes at home or at your health care provider's office.

Once ZRT receives your sample, it will be processed and the results sent to your provider—typically within 3-5 business days. You can then meet with your provider to discuss results and appropriate treatment options.

ZRT makes periodic follow-up testing easy by providing historic data ranges that compare your hormone levels over time and with treatment—enabling your provider to track your progress and make adjustments accordingly.



Founded in 1998, ZRT Laboratory has one of the largest databases of hormone test results in the industry. You benefit from the experience of a lab that has conducted more than eight million tests and has established ranges for all hormone supplementation types.

For further questions about testing, ask your doctor, pharmacist or other trained health care provider. You can also visit us at zrtlab.com.

The Importance of Testing

Comprehensive baseline testing gives you and your health care provider an in-depth picture of your hormone levels.

Testing reveals your individual level of hormone production and pinpoints imbalances, and also shows where you stand in comparison to healthy averages for your age group and gender.

These test results, combined with an assessment of any additional symptoms you may be experiencing (like hot flashes or low libido), provide a detailed picture of how hormone imbalance is affecting your life and well-being.

From there, you and your health care provider will be able to create an individualized treatment program.

Testing takes the guesswork out of treatment—making it possible for your provider to tailor a program just for you.





Lifestyle tips for keeping your hormones and health in balance:

- ▶ Get adequate sleep
- ▶ Drink plenty of water
- ▶ Limit alcohol
- ▶ Don't smoke
- ▶ Be active—move about every day
- ▶ Eat a rainbow of fresh, colored vegetables every day
- ▶ Limit processed foods and those high in simple carbohydrates
- ▶ Maintain a stable, healthy body weight
- ▶ Limit exposure to chemicals



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