

## **Hormone Testing**

**These tests are optimal for hormone testing. If you would like an explanation of each let me know. Dr.'s may be hesitant to do all the testing, but each of these has great value when trying to decipher hormone balance. Also, saliva testing is best – if not the blood tests should be done at appropriate times during your cycle.**

- ❖ Thyroid Stimulating Hormone –
  - Test TSH, free T3, free T4, reverse T3 & TPO to get an overall picture of your thyroid
- ❖ DHEA-S
- ❖ Androstenedione (males sex hormone produced by DEA)
- ❖ Vitamin D
- ❖ Testosterone – Free and Total
- ❖ Estradiol
- ❖ Progesterone
- ❖ Cortisol