



HORMONE TEST

OVERVIEW

Have you had your hormones tested? Here's why we adore the DUTCH test when it comes to hormones:

- Sex hormones: estrogen, progesterone, testosterone and shows how the body is using these hormones - are they helping or hurting you and how to fix it!
- Best adrenal test possible: includes 24-hour free cortisol, metabolized cortisol, DHEA, DHEA-s, and cortisone levels
- Extra markers that support hormone balance: B12, B6, glutathione, oxidative stress, neuroinflammation, melatonin and more!

HORMONE SYMPTOMS

As a root-cause health practitioner, I understand that hormone imbalances are often related to gut health and other factors. However, clear evaluation of hormone levels is helpful for the following symptoms or conditions:

- Acne
- Anxiety or chronic stress
- Brain fog
- Breast pain, cysts, etc
- Chronic fatigue
- Irritability, PMS
- Depression/mood issues
- Endometriosis
- Irregular periods
- Insomnia or sleep issues
- Low libido
- Menopause symptoms
- Osteoporosis
- PCOS
- Weight gain
- Muscle loss
- Hair loss or thinning

IMPORTANT NOTE

The symptoms above may be caused by a variety of underlying stressors, such as poor gut health, food sensitivities, environmental toxins, poor blood sugar regulation, poor diet, excess exercise/stress, and more.

Rebekah will evaluate your hormones but will also look for clues between your hormone test, food intake, symptoms, history and more to guide you on a holistic, root-cause approach to hormone balance. She does not prescribe hormone therapy replacement but can refer out if needed.



TEST DETAILS

TEST TYPE

- Kit mailed to your house
- **Easy at-home urine test**; samples are then mailed to the lab

LAB FEE

- **\$300 DUTCH Complete**
- \$495 DUTCH + Cycle Mapping

CONSULT FEE

- **\$175 per lab, up to 1 hour**
- Includes a detailed plan for support and 20% off any supplements

EXPERT REVIEW

Rebekah has extensive training and experience in evaluating hormone health and will be thorough in looking for any root causes related to your hormone balance. She will review your dietary intake, lifestyle factors, supplements and medications when creating your custom plan.

Rebekah Stump, Owner, Functional Practitioner, Certified Thermographer

