



FEMALE HORMONES

Hormonal imbalances are more prevalent today than ever before. There are multiple reasons for this: poor diet, stress, and an increasingly toxic world.

For cycling women, the symptoms read as a laundry list of manifestations:

bleeding irregularities	mood swings	insomnia
headache	irritability	depression

For perimenopausal and postmenopausal women, symptoms may include all the above as well as:

hot flashes	urogenital atrophy	memory problems
osteoporosis	altered fat metabolism	increased risk of heartdisease

Saliva contains the free fraction of the hormones which reflects the bioactive tissue levels. Free fractions in saliva more closely correlate with clinical symptoms than do serum (blood) testing. Determining the hormone levels throughout the month for cycling female (**FHP**) can reveal when and where an imbalance occurs. For menopausal women (**PHP1**), we can determine whether the hormones are in optimal range.