

Testing Your Hormone Levels

If you suspect an adrenal problem, you would be very wise to have your hormone levels tested. Knowing exactly what is happening in your body is essential! Especially if you suspect your levels of fatigue are more severe, I strongly advise against “guessing;” rather, bite the bullet and pay some money to get your hormone levels tested.

Many women are fearful of spending \$150 or so to get testing done. They guess what stage of fatigue they’re in, based on symptoms alone, and start making changes to their lifestyle. Often these changes include herbal supplements or hormones. Sadly, they often make their problems worse because they’re supplementing with the wrong things. By this time, they decide maybe they should get their hormone levels tested, but it’s too late. The supplements they’re taking are in their bloodstream, confusing the test results.

Don’t let this happen to you! Get your hormone levels tested now, before you begin making any changes.

I recommend saliva testing, having used it myself and having studied about the accuracy of various types of hormone testing (blood, urine, and saliva).

- Read more about the accuracy of saliva testing at <http://www.diagnostechs.com/Pages/WhySaliva.aspx>

The “gold standard” in adrenal saliva testing is offered by Diagno-Techs Laboratory and is called the “Adrenal Stress Index” (ASI). It measures cortisol levels at four different times during the day, as well as progesterone, DHEA, insulin, secretory IgA, and certain antibodies. These test results will give you a very good idea of your stage of adrenal fatigue.

- Search for a healthcare provider who can administer this saliva test by going to Diagnos-Tech’s website at <http://www.diagnostechs.com>.
- One source of saliva testing is available online, at <http://www.canaryclub.org>, if you have difficulty finding a doctor to order the testing for you. Be sure to choose a test that is comparable to the ASI test described above.
- You may also want to get a complete physical from a medical doctor or from a local laboratory such as <http://privatemdlabs.com>.

Tests to ask for include:

- Thyroid function tests, such as TSH, free-T3, free-T4, reverse T3, thyroid antibodies (anti-TPO and TgAb), and ferritin.
- Vitamin D (25-hydroxyvitamin D) levels. Vitamin D testing can be obtained from <http://www.virginiahopkinstestkits.com/vitamindtest.html>.
- Complete blood count.

When you receive your test results, compare your levels to these “optimal” ranges:

Test	Optimal Range	Your Results
Free cortisol (7- 8 am)	13-24 nM	
Free cortisol (11 am – noon)	5-10 nM	
Free cortisol (4-5 pm)	3-8 nM	
Free cortisol (11 pm – midnight)	1-4 nM	
DHEA	3-10	
Total Salivary SigA	25-60 mg/dl	
Gliadin Ab, SigA	13-15 U/ml	
Blood Glucose	80-100 mg/dl (85 mg/dl is best)	
Insulin (fasting)	<5	
TSH	0.5-2 uU/ml	
Free T3	230-619 pg/d	
Free T4	0.7-1.9 ng/dl	
Reverse T3		
Anti-TPO	Varies with method	
TgAb	Varies with method	
Vitamin D (25-hydroxyvitamin D)	50-80 ng/ml	