



Natural Solutions That Work

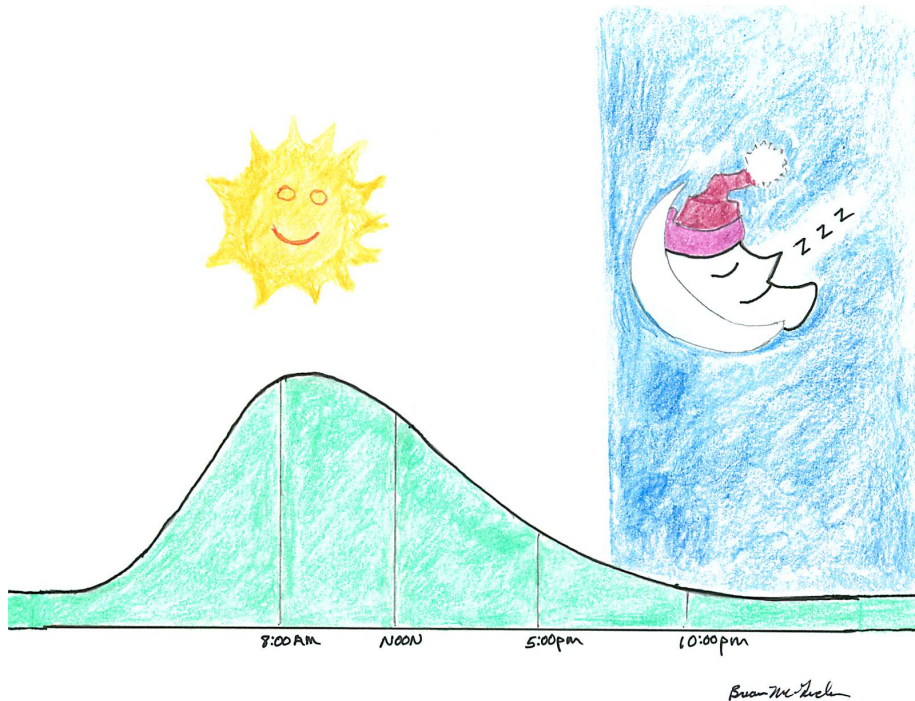
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ADRENAL STRESS TESTING

Evaluating the Adrenal Glands with Functional Testing

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ADRENAL STRESS TESTING



The Adrenals work on a 24 hour Circadian Rhythm. We are supposed to get a surge of Cortisol in the morning when we wake up. It is the get up and go hormone. The cortisol stimulates the liver to release stored sugar so our muscles have the energy they need to get our body going.

By 5:00 in the afternoon we are ready to go home. The fading Cortisol is letting your body relax and slow down. By evening the Cortisol will drop to a low level letting your body rest and repair with deep dream sleep.

If we are stressed the adrenals will over work. This will cause poor sleep and weight gain. If the adrenals get overly exhausted they can completely fatigue leaving a person feeling tired all day.



This test has samples of saliva taken throughout the day to get a functional map of the get up and go adrenal hormone Cortisol. We want to see output based on the time of day and at bed time.