

TESTING METHODS

FOR A ROOT CAUSE APPROACH

Let's be real, testing options and results can be super confusing, but it's an important part of balancing YOUR hormones as it can help address root cause issues and bring awareness to what you need in order to heal and thrive.

Below are the most thorough testing options I recommend if you are struggling with symptoms of hormone imbalance.

Additionally, I recommend working with a functional medicine practitioner when possible, as they tend to be more thorough with testing and the true biomarkers your hormones should be at to thrive.

DUTCH Urine Test — This cost effective test assesses multiple metabolites via one single urine sample, including your sex and adrenal hormones, estrogen and testosterone metabolites, free cortisol patterns and more (as well as giving you insight into your circadian rhythm, PCOS, etc.) I recommend beginning with this testing method, as it's comprehensive, simple and straightforward.

Stress + Sex Hormone Test — A four-point saliva panel that includes both the sex and stress hormones is crucial to find out what's going on with your adrenals. The adrenals are basically the gas tank of the human body, and adrenal fatigue is a near-epidemic in our overstimulated world that leads to a number of hormone imbalances. This test will look at precursor hormones, cortisol, DHEA, and pregnenolone to see how your body is creating and managing stress hormones.

Gut Pathogen Test — This is a stool test that most functional practitioners can run to identify a pathogenic imbalance, be it Candida, fungus, E. coli, or other bad bacteria. It could be a parasite or a protozoa infection. If you have bad bugs in the GI tract, it's usually a root cause for hormonal imbalances, especially PCOS, or polycystic ovarian syndrome, which can lead to infertility (it drives progesterone down, preventing the implantation of the egg).

Thyroid, Temperature + Pulse Test — The thyroid being off can cause a host of hormone imbalances. You can test your thyroid by taking your temperature when you wake up in the morning and before you go to bed at night, as well as 20 minutes after each meal. It should be around 98.6 degrees Fahrenheit, or 37 degrees Celsius.

Get a blood test for the entire thyroid including TSH, T3, reverse T3, T4, and TPO antibodies. I also highly recommend working with a functional medicine practitioner to do this testing, as they tend to be more thorough with the biomarkers for thyroid health.

MTHFR Genetic Mutation Test — We all have a gene in our bodies called the MTHFR gene. It instructs your body to make an enzyme necessary to convert vitamin B9, which is also known as folic acid, into a usable form for the brain and the nervous system (aka it turns folic acid into folate). This enzyme is crucial for growth and metabolism, as well as helping a baby's neural tube form.

Almost 50% of the population now has this genetic mutation where they can't convert their B vitamins effectively, mostly folic acid and vitamin B12. If we can't convert them, we can't use them, and thus we become deficient in them. This can lead to depression, trouble detoxifying, hormone imbalances and multiple miscarriages if not identified.

A 23 and Me test or another online saliva or swab test can identify if someone has this mutation. All doctors and most functional practitioners should be able to run it as well. People with this mutation (and honestly all of us for optimal results) should be taking an open form source of each vitamin called methyl folate and methylcobalamin.

Leaky Gut Test — Leaky gut left unchecked often leads to autoimmune disease, which can significantly disrupt hormones. The most common leaky gut test is called the lactulose mannitol test. There are also excellent blood and saliva tests out there that check for intestinal permeability, which is another name for leaky gut. Most thyroid problems start in the gut. So, while a traditional MD might just look at and treat the thyroid, they might not be getting to the real issue, and this wastes time, money, and emotional energy.

PH Test — PH stands for potential hydrogen, and it refers to how acidic or alkaline our body chemistry is. The body's pH range is from 0-14 with 0 the most acid and 14 most alkaline. Normally our internal environment should sit at a neutral balance around 7.4. An acidic environment can wreak havoc in many aspects of our health producing symptoms of pain and inflammation, tendency to weight gain, yeast overgrowth, cancer and hormonal irregularities.