



Female Hormone Imbalance & The Evexia Female Hormone Panels

Dozens of health conditions are caused by hormonal imbalance, which include:

- Abnormal menstruation
- Infertility
- Acne
- Thyroid disease
- Fatigue
- Diabetes
- and more



Some of the signs and symptoms of female hormone imbalance include irregular menstrual cycles, infertility, hot flashes and night sweats, persistent weight gain, hair loss, pelvic pain, fatigue, cold hands and feet, premenstrual syndrome, heavy menstrual bleeding and breast pain and discharge from the breast.

Evexia offers prebuilt panels that measure the major reproductive hormones such as:

- 17-hydroxypregnelone
- Pregnenolone
- Androstenedione
- Prolactin
- Insulin-like growth factor 1
- Thyroid hormones
- Sex hormone binding globulin
- Adrenal gland biomarkers DHEA
- Cortisol
- Follicle-stimulating hormone (FSH)
- Luteinizing hormone (LH)
- Markers of glucose regulation

Learn more about the Evexia Female Hormone Panels by [clicking here.](#)

To learn more about Evexia Diagnostics scan the QR Code.



SCAN ME

THE PRE-BUILT EVEXIA FEMALE HORMONE PANELS

The Complete and Comprehensive Panels offer an array of biomarkers that assess factors associated with female hormone imbalance as well as overall health and healthy aging.

Dr. Sodano's Featured Biomarkers:

FOLLICLE-STIMULATING HORMONE (FSH) and LUTEINIZING HORMONE (LH)

are clinically useful to distinguish primary gonadal failure from secondary (hypothalamic/pituitary) gonadal failure. Some of the causes of primary gonadal failure or primary ovarian insufficiency include autoimmune disease, cancer treatment, hysterectomy, certain infections, and prolonged exposure to chemicals, pesticides, and other toxins. Secondary (hypothalamic/pituitary) gonadal failure is caused by disruption of the hypothalamic-pituitary-gonadal axis, which can be caused by excessive weight loss, exercise, stress, and numerous other health conditions.

SEX HORMONE BINDING GLOBULIN

is a glycoprotein produced mostly in the liver that binds mainly to estradiol and testosterone. Levels of circulating SHBG are under the positive influence of estrogens and thyroid hormone, and therefore its production is increased. Circulating levels of SHBG are suppressed by androgens causing a decrease in production of SHBG. This means that thyroid hormone, androgens and estrogens influence dynamic control of liver synthesis of SHBG. SHBG is a major player in the availability of active steroid hormone levels. Decreased serum SHBG causes an increase in free androgens, which can lead to such conditions as hirsutism, PCOS, virilization, adult acne, obese in postmenopausal women and women with diffuse hair loss. Hypothyroidism, hyperinsulinemia, and elevated cortisol levels can cause a reduction in SHBG. Increased serum level of SHBG may be present in hyperthyroidism (autoimmune disease), cirrhosis of the liver, pregnancy, and the use of oral contraception.

CORTISOL in combination with DHEA-S

Cortisol in combination with DHEA-S provides significant information about the adrenal function and well as immune system function since the two systems are interconnected. As you most likely know, DHEA is the precursor to testosterone and estrogens; therefore, the concentration of DHEA will affect the concentration of these (and other) hormones.



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Recommendations related to female hormone balance.



Lifestyle recommendations to support balanced female hormones health:

BalanceDIM

a compound that helps to support healthy estrogen metabolism. Research shows that a low level of 2-hydroxyestrone and a high level of 16 alpha hydroxyestrone are not desired. DIM works by helping to increase 2-hydroxyestrone and therefore improves the 2/16 hydroxyestrone ratio.

LibidoSupport- Female

a complex formulary blend of nutraceutical and herbal ingredients for the increase of female sexual desire and pleasure. The unique and targeted combination of ingredients provides a safe enhancement for natural testosterone production, optimization of testosterone and estrogen metabolism, increased blood flow, and adrenal support. This product is designed to help provide an overall increase in desire and sexual satisfaction, specifically for women.

ProBalance

supports classic herbal hormonal balancing in the form of vitex, polygonum, black cohosh, along with DIM and chrysin for protection and support of beneficial estrogen aromatase activity. Calcium-D-glucarate promotes the proper elimination of excess estrogens. Resveratrol and EGCg from green tea are included for maximum antioxidant protection. Vitamins B6, B12, and folate promote proper cell differentiation. Magnesium and calcium are also included to help support bone and hormone health.

DETOXIFICATION:

Avoidance of environmental toxins and support of elimination; Detoxification is an important aspect of hormonal balance. Support hepatobiliary function to optimize toxin clearance, lipid metabolism, and hormone synthesis and metabolism.

STRESS REDUCTION:

Stress reduction/adrenal support: Stress and adrenal function can impact female hormone balance as well, so prioritize sleep, reduce stress, and find stress-management activities you enjoy.

DIGESTION:

Support proper gastrointestinal function and digestion: Toxins and excess hormones are eliminated through the feces, so it's important to ensure that your digestion is efficient and that you're having bowel movements daily. Drink plenty of water and eat fiber. Probiotic supplements or supplemental magnesium can also be helpful.

DIET AND EXERCISE:

Maintain an optimal body composition through proper diet and exercise. Sticking to an anti-inflammatory diet, such as the Mediterranean diet, can support a healthy weight.

Learn more about the Evexia Female Hormone Panels by [clicking here](#).

Learn more about the Evexia Nutraceuticals by [clicking here](#).

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