

You have exercised.
 You have dieted.
 You have visited your doctor.

Have you checked your neuroendocrine levels lately?



Weight management is influenced by:

- Altered estrogen levels
- Deficiencies in progesterone
- Testosterone imbalance
- Cortisol fluctuations
- Neurotransmitter imbalance
- Individualized genetic makeup

Proper hormone and neurotransmitter balancing can help both men and women maintain ideal weight. Labrix offers salivary hormone, urinary neurotransmitter, and genetic marker testing, all of which can be done in the comfort of your own home. Ask your provider how you can look better, feel better and maintain a healthy weight that's right for you!

Ask your healthcare provider about Labrix testing today!

Symptom Review

Review the symptom checklist below and indicate any symptoms you are experiencing. Return to your healthcare provider to start the conversation about your health! 0 = none, 3 = severe

Symptom	0	1	2	3
Weight gain				
Fluid retention				
Sugar and/or salt cravings				
Decreased stamina				
Difficulty maintaining weight loss				
Diminished motivation				
Fatigue				
Sleep issues				
Poor impulse control				
Obsessive behaviors				

Information Provided By:



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Healthy Weight Management





What's Happening and the Effect on the Body

Testing Considerations

Weight loss programs invoke images of salads, hours in the gym and dessert deprivation. Hormone, neurotransmitter and genetic tests don't often come to mind. However, there are many fluctuations in hormones and neurotransmitter levels that can influence metabolism and weight storage. Additionally, there are some individual genetic predispositions that may govern or influence the type of diet or exercise regimen required for a successful weight loss program.

Individualized testing and follow up monitoring is a critical step in a successful weight loss program. Testing may involve salivary hormones, urinary neurotransmitter levels and genetic SNPs. Due to the complexity of the neuroendocrine system, issues rarely stem from a single hormone or neurotransmitter.

Hormonal Influences

In women, estrogen and progesterone levels tend to wane with age, allowing for more deposition of fat in the midsection and contributing to a slower metabolic rate. In men, testosterone levels decline leading to a shift in body composition, altered metabolism and risk for metabolic disease. Adrenal dysfunction, both an excess of, or a deficiency in cortisol, can affect the storage of fat and fluctuating blood sugar levels, which in turn contributes to weight gain and sugar cravings in both genders. Addressing hormonal imbalances will not only aid in initial weight reduction, but will work to reduce cravings, bolster self control and fuel a healthy metabolism.

Neurotransmitters – Battle the Cravings

Struggles with weight are complex, as there are many psychological and sociological components in play beyond basic calorie extraction and storage. Excesses and deficiencies in specific neurotransmitters can contribute to addictive behaviors including binge eating and specific cravings. These neurochemical imbalances can create insurmountable hurdles that can cause even the most motivated of dieters to “fall off the wagon.”

Common hormone and neurotransmitter related symptoms include:

- Increased waist size**
- Bloating / fluid retention**
- Sugar cravings**
- Decreased stamina**
- Difficulty maintaining weight loss**
- Fatigue**
- Poor impulse control**

Genetic Differences

While our genetics don't dictate our fate, they can provide invaluable information about predispositions and guide individualized approaches to weight loss. There have been several single nucleotide polymorphisms (SNPs) identified as tied to fat storage, nutrient absorption or metabolism. The Labrix FindWhy Weight Control test looks at 5 different genetic variants that are tied to reduced satiety, sensitivity to carbohydrates and stress, insulin regulation and fat absorption. Identification of these SNPs allows for a truly individualized dietary approach.

Get tested! Ask your healthcare provider about the NeuroHormone Complete Panel and the FindWhy Weight Control Panel today.

The **NeuroHormone Complete Panel** will test:

- Estradiol**
- Progesterone**
- DHEA**
- Testosterone**
- Cortisol - four times during the day**
- Serotonin**
- GABA**
- Dopamine**
- Norepinephrine**
- Epinephrine**
- Glutamate**
- Glycine**
- Histamine**
- PEA**

The **FindWhy Weight Control kit** will test:
FTO, MC4R, ADRB2, FABP2, SH2B1

