

## DUTCH Test with Cortisol Awakening Response

Comprehensive Hormone Testing  
(Dried urine, completed at home)

**Evaluates:** Sex hormones and metabolites, cortisol in relation to circadian rhythm and stress response, neurotransmitters and even some B vitamins.

**Assesses root causes of-** Hormonal mood swings, anxiety/depression (especially if before your period), sleep issues, poor stress tolerance, low sex drive, hair growth on face, hair loss, weight loss resistance, cyclical: headaches, acne, fatigue, extreme cramping, PMS, PMDD, etc.

**When not to test-** If you are on hormonal birth control, directly postpartum, amenorrhea, under period of abnormal and temporary stress

## GI Map

Stool test for gut health analysis  
(Completed at home)

**Evaluates:** Digestion, enzymes, microbiome, balance of good and bad bacteria, why food sensitivities are present, presence of pathogens, parasites, immune system.

**Assesses root causes of-** Persistent upper and lower GI symptoms, reflux, bloating, gas, diarrhea, constipation, anxiety, depression, systemic inflammation, hormone issues (estrogen dominance), low energy, fatigue, acne, brain fog, chronic infections, etc.

**Great to test when:** You have a long list of food sensitivities, history of chronic or recent antibiotic use, Chronic use of antacids, PPIs, tums, NSAIDS, any of the above symptoms.

## Spectracell Micronutrient

Comprehensive nutrient assessment  
(Blood test)

**Evaluates:** Long term functional & intracellular status of vitamins, minerals, amino acids and metabolites, antioxidants, fatty acids, carbohydrate metabolism, immune function.

**Assesses deficiency patterns for-** fertility issues, anxiety, depression, thyroid issues, blood sugar issues, immune health, etc.

**Great to test for those with:** History of gut health issues or malabsorption, excessive fatigue or energy issues, trying to get pregnant, history of restrictive diets or vegetarianism.