

Adrenal Saliva Test

Adrenal Stress Profile through ALCAT: \$129.00

(6 tubes) - 5 x Cortisol (optional 6th), DHEA-S

Adrenal Stress—Should you test?

The purpose of the Adrenal Stress profile is to determine how stress has been taxing your body (adrenal glands). The more stress you tax the adrenal glands with, the more exhausted they become. This affects your immune system, your ability to lose weight, your energy levels, your ability to regulate your blood sugar, hormonal imbalances, digestive difficulties, chemical imbalances, insomnia, high blood pressure, allergies and more.

Stress is more than worry, fear and anxiety. It is anything that causes the adrenal glands to produce more cortisol and adrenaline. The constant demand on the adrenal glands to produce more cortisol can eventually reach a point where the adrenals are unable to meet that demand. This is known as adrenal exhaustion and can be devastating to one's health. Cortisol, DHEA and the many other hormones produced by the adrenal glands are critical in activating/regulating our metabolism, immune and digestive system, blood pressure, blood sugar, reproductive hormones, neurotransmitters (brain messengers), growth hormones and inflammatory hormones. Increased or decreased levels of cortisol contribute to:

- Fatigue
- Weight gain
- Cravings, low blood sugar
- Digestive difficulties
- Insomnia, irritability
- PMS, hot flashes
- Depression, anxiety
- Allergies, weakened immune system
- Decreased libido

As you manage your stress appropriately, your stress hormones allow your adrenal glands to produce ALL the hormones needed to properly regulate your metabolism, mood, sleep, reproductive hormones, etc. It is important to realize that the constant demand on the adrenal glands can diminish the production of DHEA, estrogen, progesterone, testosterone, etc. If you've been struggling with various health conditions and aren't getting any answers – it could be adrenal exhaustion. Measuring adrenal function to determine the impact stress is having on your body by measuring cortisol & DHEA is a step in the right direction.

An increased cortisol level, a decreased DHEA-S level, or a decrease in the DHEA-S cortisol ratio is an indication of a chronically stressful physical or mental condition. Stress is a major underlying cause of many chronic illnesses, from Chronic Fatigue Syndrome to food and environmental allergies. A stressful lifestyle can lead to consistently high levels of cortisol and low levels of DHEA (dehydroepiandrosterone), which can be damaging to the brain and other tissues. Cortisol elevation also impacts immune responses, such as secretory IgA (sIgA) and anti-gliadin antibody (AGA) production. The Adrenal Stress Profile is a measure of an individual's response to stress. It is also an important tool for pointing to adrenal imbalances that may be impacting a patient's health.

The adrenocortical hormones, cortisol and DHEA, are steroids that affect carbohydrate, protein, and lipid metabolism. They also serve as modulators of thyroid function and help the body manage stress. When levels of DHEA and cortisol change, it may indicate significant variations in adrenal function that can impact an individual's energy levels, emotions, and even disease resistance.

Secretion of cortisol, regulated by the sleep-wake cycle, is characterized by a steep increase in the early morning, followed by a gradual tapering off until late evening. Stress causes elevated cortisol levels, which continue as long as the stressor is present. Stress also overrides negative feedback of cortisol in the Hypothalamus-Pituitary-Adrenocortex (HPA) axis. Prolonged stress, causing increased secretion of cortisol, may lead to hypertrophy of the adrenal cortex over time.

Among other functions, DHEA serves as a metabolic intermediate in the pathway for synthesis of testosterone, estrone, and estradiol in the adrenal glands, ovaries, and testes. Since DHEA in plasma has a very short half-life, most of circulating DHEA is in the sulfate form (DHEA-S). DHEA-S provides a ready source of DHEA for the production of estrogens and androgens.

The Adrenal Stress Profile uses a non-invasive salivary procedure to monitor the activity of the adrenal cortex and its ability to react to stress. The procedure monitors the circadian variation of cortisol and DHEA-S levels. An increased cortisol level, a decreased DHEA-S level, or a decrease in the DHEA-S/cortisol ratio is an indication of a chronically stressful physical or mental condition.

When the Adrenal Stress Profile indicates an inappropriate hormonal stress response, it is necessary to consider stress reduction through diet and lifestyle modification, and nutritional supplementation to support adrenal gland activity and enhance the restoration of the physical barrier in the gut.

* Based on information from ALCAT Cell Science Systems