



www.honestgoodness.ie

Why Choose A DUTCH Test?

- Shed light on any hormone imbalances you have (adrenals, all sex hormones, and melatonin).
- Gear a treatment plan tailored to you, based on your hormone levels and also how you metabolize or break down your hormones.

Your treatment plan is all-natural and customized to you. It can involve precise “lifestyle medicine” which are adjustments in sleep, food, exercise, and stress management. We may find that the use of supplements, herbs, and low-dose bio-identical hormones are right for you.

What does the Dutch Complete Hormone test measure?

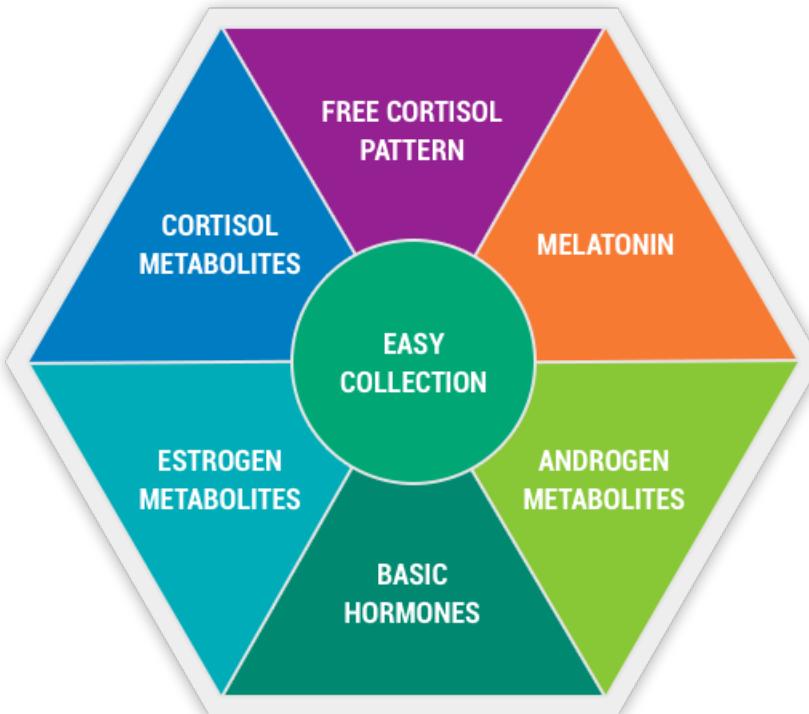
Precision Analytical labs developed this unique test. It measures your hormone metabolites from dried urine samples. The hormones include:

- Cortisol
- Cortisone
- Oestradiol
- Oestrone
- Estriol
- Progesterone
- Testosterone
- DHEA and DHEA-S
- Melatonin

This test also measures your cortisol and cortisone rhythms and levels, and your estrogen metabolism pathways.



www.honestgoodness.ie



Why measure all these hormones?

There are lots of reasons.

- If you have sleep or stress issues, testing your adrenal hormones and their rhythms gives specific information about how to handle these problems.
- With fertility problems, polycystic ovarian syndrome (PCOS), fibroids, PMS, irregular periods, painful periods, anxiety and moodiness, and endometriosis, this test is highly beneficial. It gives a complete picture of how adrenal and reproductive hormone imbalances contribute to these problems.
- If you use hormone replacement therapy, you want to monitor your levels. This test **works uniquely well** for oral progesterone, vaginal hormones, patches, pellets and injections. Note that this is only for hormone replacement therapy, not hormonal birth control pills.
- With sleep problems, it's important to check melatonin. Melatonin can be low and related to your sleep problems, or it can be normal.
- You may have low DHEA levels. This is a "feel-good" hormone produced by your adrenal glands. When it's low, it can cause fatigue, a decrease in muscle mass or bone density, depression, aching joints, loss of libido, and lowered immunity.



www.honestgoodness.ie

- You may have “oestrogen dominance.” This is when the scales are tipped so that progesterone is low and estrogen is high. Oestrogen dominance can be a factor in endometriosis, PMS, painful periods, fibrous breasts, fibroids, tender breasts, moodiness, and more. It can make perimenopause symptoms significantly worse.
- This test shows how you *metabolise* oestrogen through your liver. If you don’t metabolize estrogen well, your risks of oestrogen-related cancers such as breast, cervical and uterine cancer can increase.

The dutch test free add-ons:

- The three B vitamins that are most commonly low: B12, B6 and Folate.
- A marker for oxidative stress (“rusting” in your body, which damages your cells, your DNA, and your mitochondria).
- Neurotransmitters that show dopamine and first responder stress hormones (epinephrine and norepinephrine).
- Your need for glutathione, which is the master antioxidant that you make. You will not detox well or use omega 3 fats properly with low glutathione. It’s often tanked if you have a high level of environmental chemical exposures, such as living next to a golf course or agriculture.

What does this test involve?

It's easy! It comes in an envelope with little strips to dip in your pee, in the comfort of your home. You dip the strips, let them dry, mail them off. The instructions are very clear.