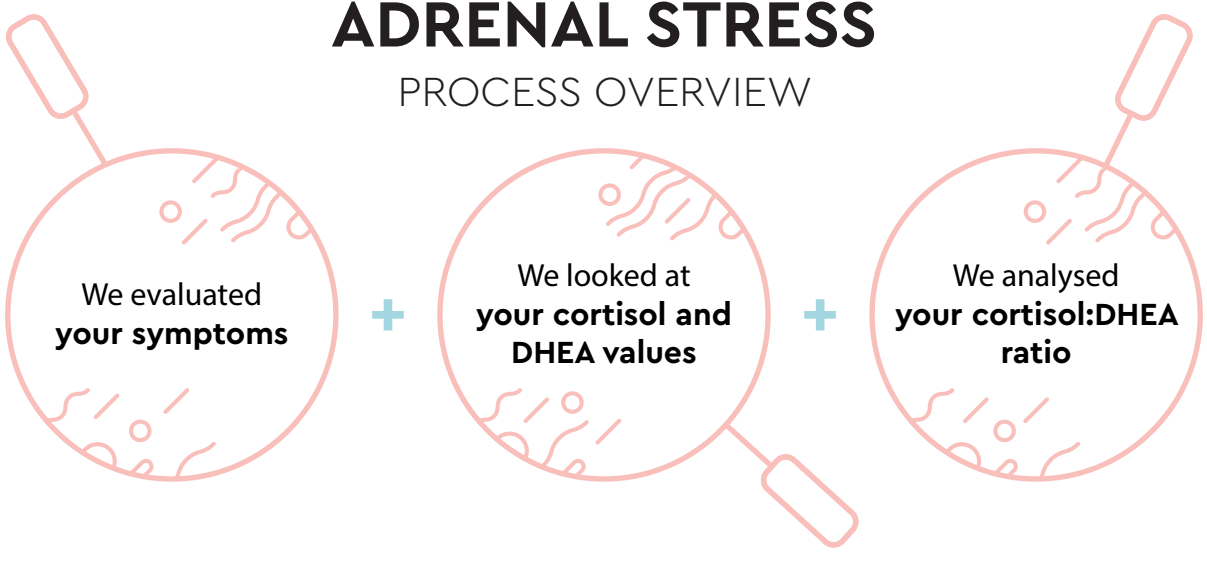


ADRENAL STRESS

PROCESS OVERVIEW



We evaluated
your symptoms



We looked at
**your cortisol and
DHEA values**



We analysed
**your cortisol:DHEA
ratio**

With the **Adrenal Plan** and **Adrenal Package** you'll also get:



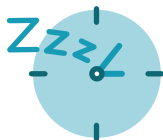
Your bespoke supplement package



The Healthpath plate



The Healthpath fundamentals of health programme



Sleep



Activity



Stress



Diet

ADRENAL STRESS

TEST REPORT

ADRENAL PLAN

ADRENAL PACKAGE

With the Adrenal Plan and Adrenal Package you'll get a personalised report

The report is divided into three sections:

I.

Scientific overview

The first section gives a brief overview of the stress response system, along with the two hormones we've tested: cortisol and DHEA. We know not everyone likes science as much as we do, but these simple explanations can help you to better understand your results.

II.

Your results

This includes a measurement of your cortisol production and DHEA production, and the ratio between the two. All of these give us useful insight into your stress response.

III.

Recommendations

The third and final section of your report delves deeper in to why you have these particular results, and gives some personalised recommendations. It's all very well knowing you have high or low cortisol, but an important part of this process is understanding why it's happening—and what you can do about it.

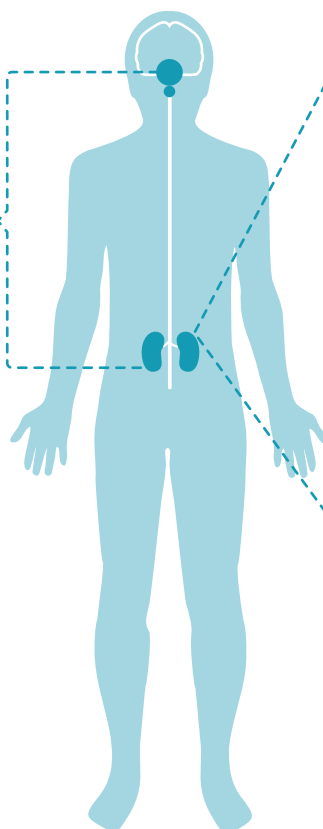
I. SCIENTIFIC OVERVIEW

Your body strives to be in a constant state of balance, otherwise known as 'homeostasis'. In simple terms, stress is anything (real or imagined) that threatens this homeostasis.

The HPA axis

The hypothalamic-pituitary-adrenal axis, or HPA axis, connects your brain with the rest of your body. Through a complex series of messages, it plays a key role in managing the stress response.

Whether you've been through trauma or are simply drinking too much coffee, your HPA axis is involved to make sure that levels of certain hormones (and other bodily functions) are appropriate for the situation.



Cortisol

This is one of the main hormones involved in the HPA axis. It's produced in the adrenal glands and is important for many bodily processes, including growth, immune function, cognition, behavior and reproduction. The correct regulation of cortisol levels is therefore necessary for survival—too little or too much cortisol can result in poor health.

Not only does cortisol have its own daily pattern, but it should also rise and fall quickly in response to stressful events or circumstances. If a person is too stressed too often, this response can start to malfunction.

DHEA

This is another hormone produced in the adrenal glands, as well as a few other places. It follows a similar daily pattern to cortisol.

It can be converted into the hormones oestrogen and testosterone depending on the body's needs, and it also plays a role in heart health, muscle strength and immune function. It's believed to 'balance' cortisol.

II. YOUR RESULTS

Cortisol Production

When looking at cortisol levels in the saliva, we're considering two things:

1. Your circadian rhythm

Do you have a normal pattern to your cortisol production (i.e. is it highest in the morning and lowest in the evening)?

DYSREGULATED

2. Total production

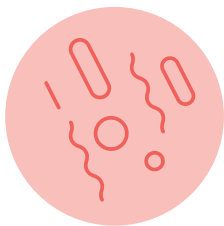
Do you produce an appropriate amount of cortisol over the course of a day?

LOW

What do your results mean?

While low cortisol can indicate 'burnout', we really need to look deeper—what has caused this wear and tear on our physiology?

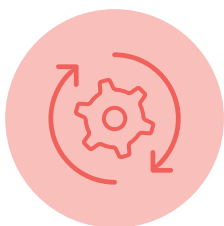
The latest research suggests two key theories:



Infection

Cortisol can reduce the activity of the immune system. If a person has an ongoing (possibly silent) infection, it's possible that the body has purposefully reduced cortisol production in order to let the immune system fight the infection.

In this way, low cortisol is an adaptive response—the body is doing exactly what it should be doing at that point in time. If this is the case in your situation, we need to consider your health history, particularly when it comes to infections. Have you ever suffered from glandular fever, for example?



Self-regulation

Cortisol is a potent hormone, and it can cause wear and tear on the body. If a person has been under too much stress for too long, the body may 'overadapt' to cortisol in order to protect itself. This can happen in several ways, from increasing cortisol output to reducing the sensitivity of cortisol receptors on cells (much like the insulin resistance that's seen in diabetes).

In this case, supporting the cell membrane (where some of these cortisol receptors are found) and focusing on deep restorative practices such as meditation, yoga and tai chi may be beneficial. Cultivating positive emotional states—joy, laughter and gratitude—can be extremely powerful. Adaptogens such as rhodiola and ashwagandha may be helpful too.

DHEA Production

LOW

What do your results mean?

Decreased DHEA levels are seen in thyroid disorders, cardiovascular disease, obesity, reduced immunity and rheumatologic diseases. It's also seen when a person produces too much cortisol, or if they're taking glucocorticosteroid medications.

Low DHEA levels may also indicate lowered capacity to endure physiological or psychological stress/trauma/injury. It can accompany an abnormal immune response, and is often associated with aging/immunity.

Cortisol:DHEA Ratio

LOW

What do your results mean?

The cortisol:DHEA ratio can be more useful than individual cortisol or DHEA figures.

This is because DHEA and cortisol are believed to balance each other. If a person has high DHEA, this could lead to a relative cortisol deficiency. If a person has low DHEA, this can result in a relative cortisol excess.

LOW cortisol:DHEA ratio

This can be seen in chronic fatigue syndrome, while a high cortisol:DHEA ratio is often seen in depression.

ADRENAL PLAN

ADRENAL PACKAGE

III. RECOMMENDATIONS

Based on your results, we recommend the following:

- ✓ Follow the Healthpath plate. This encourages a way of eating that's based on natural, whole and nourishing foods.
- ✓ Identify the sources of stress in your life. We can't take down our lives overnight, but we can make small, incremental changes for the better. Whether it's an overbearing boss, money worries or even a busy social calendar, work out what needs to give—and take action to address it.
- ✓ Find a stress-reducing practice you enjoy. This complements the above point. Try yoga, download the Headspace app or simply take a 15-minute walk in a natural setting.
- ✓ Prioritise sleep. Most people need 7-8 hours of solid sleep each night. Start by going to bed just 15 minutes earlier, and work up from there.
- ✓ Make joy a feature of your day. What makes you happy? Is it chatting to friends, cooking new food, or simply reading a good book? Whatever it is, dedicate at least 20 minutes to a joyful activity each day.
- ✓ Consider investigating infections. This is particularly relevant if you've ever suffered from IBS or glandular fever. You may wish to speak to Healthpath practitioners to explore the best test for you.

It's also important to appreciate that adrenal dysfunction doesn't spontaneously develop. The root cause needs investigation, which is why we recommend you consider your stressors, possible underlying infections and/or suboptimal gut health.

Take the following supplements:

PRODUCT NAME	DOSE	HOW TO TAKE	DURATION
Optimal Adrenal by Seeking Health	3 capsules	Take after breakfast. If needed, take an additional 1–3 capsules after lunch.	6–8 weeks



This supplement is available in the **Healthpath Energy Uplift supplement bundle**.



Disclaimer: if you're pregnant, breastfeeding, taking medications or suffering from a disease or medical condition, please consult your doctor before following these recommendations.