



Allergenics

Test Report

Best Health

09 April 2018

Comprehensive Women's Health Test

Contact us

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Comprehensive Women's Health Test

Thank you for choosing our testing service for your Comprehensive Women's Health Test. Before you continue reading through this report, we would like to share some important information with you regarding the body and its function. This will help you to better understand your results and the explanations in the report that follows.

Your body is made up of an extremely complex and diverse array of structures that work together to facilitate all the necessary physiological functions that it needs to perform on a daily basis. These physiological functions strive to keep the body in a state of balance or 'homeostasis'. Your body is programmed to carry out all of these necessary functions, and there is an increasing amount of research to indicate that your major organs and body systems do not function in isolation, but rather are constantly communicating with each other through chemical compounds, nutrients, hormones and neurotransmitters. So understanding the health of your body involves viewing its function holistically rather than as separate entities. Some factors impacting on this 'homeostasis' include the following:

- poor nutrition
- stress
- environmental toxin exposure
- genetic factors
- certain medications
- ageing process

An imbalance in one organ or body system may certainly affect the function of one or several other body systems. The affected organ or body system may slow down in function (known as hypofunction) or show an abnormal increase in function (known as hyperfunction). In both cases, the dysfunction creates a stress on the body which can impact on one's health.

The Allergenics testing method uses a unique energy measurement technology that can detect disruptions to normal energy patterns in the body. Each part of the body has a particular unique energy pattern that can be measured. Changes to these energy patterns can be identified and recorded and this can give you a rapid insight into the overall health of your body. It allows you to see areas of deficiency and to target those organs and systems which might require support, be it in the short-term or long-term. The results of the Comprehensive Women's Health Test may be used to assess the current state of functioning of your body as a fully integrated system.

If you have any additional questions relating to the results of your test or the explanation provided, please discuss these with a qualified natural health practitioner or with one of our healthcare consultants.

What we test for

Hormones

Adrenocorticotrophic, Androstenedione, Cortisol, DHEA, FSH, Human Growth Hormone (HGH), Insulin, Luteinizing Hormone, Melatonin, Oestradiol, Oestriol, Oestrone, Pregnenalone (A.E.B.I.M.), Progesterone, Prolactin, RT3, T-3, TSH, Testosterone, Thyroxine.

Organs and Body Systems

Adrenal Glands, Bladder, Body Fluids (NAET), Cardiovascular System, Central Nervous System (CNS), Gallbladder, Heart, Hypothalamus, Immune System, Kidneys, Large Intestine, Liver, Lungs, Lymphatic System, Mammary Glands, Ovary, Pancreas, Parasympathetic Nervous System, Parathyroid Glands, Pineal Gland, Pituitary Gland, Skin, Small Intestine, Spleen, Stomach, Sympathetic Nervous System, Thyroid Gland, Uterus.

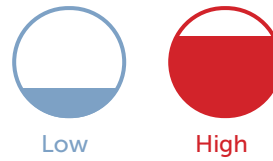
Specialised Nutrients

Carnitine, Coenzyme Q10, Glutathione, Ubiquinol.

Your Test Results

Reactive scale

This section provides you with the results of your test. It will tell you which hormones, body systems and specialised nutrients are in a state of imbalance, thus causing a stress to your body.



Hormones

FSH		Luteinizing Hormone		Cortisol		Insulin		RT3	
DHEA		Oestriol		Oestradiol		T-3		Melatonin	
Progesterone									

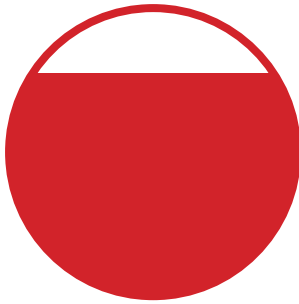
Organs and Body Systems

Uterus		Central Nervous System (CNS)		Sympathetic Nervous System		Ovary		Kidneys	
Large Intestine		Stomach		Adrenal Glands		Heart			

Deep dive into your significant results

FSH

Your reactivity: **Score 5: High**



Follicle stimulating hormone (FSH) is one of the gonadotrophic hormones, the other being luteinizing hormone (LH). Both are released by the pituitary gland into the bloodstream. FSH is one of the hormones essential to pubertal development and the function of women's ovaries and men's testes. In women, this hormone stimulates the growth of ovarian follicles in the ovary before the release of an egg from one follicle at ovulation. It also increases oestradiol production. In men, follicle stimulating hormone acts on the Sertoli cells of the testes to stimulate sperm production (spermatogenesis).

In women, FSH levels also start to rise naturally around the menopausal period, reflecting a reduction in function of the ovaries and decline of oestrogen and progesterone production.

What This Means

Low FSH: A low FSH reading is rare. In women it may be associated with poor ovarian function in women or lack of sperm production in men. Infertility may be a feature. A low reading is indicative of a general reduction in hormone output by the pituitary gland.

High FSH: A high FSH reading is associated with menopause or ovarian failure in women, and testicular failure in men.

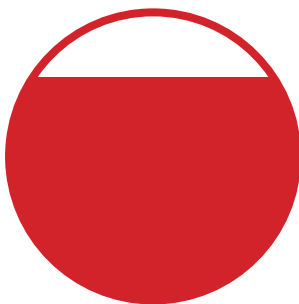
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Luteinizing Hormone

Your reactivity: **Score 4: High**



Luteinizing hormone (LH) is a hormone produced and released by the pituitary gland. It is crucial in regulating the function of the testes in men and ovaries in women. In men, LH stimulates cells in the testes to produce testosterone, which acts locally to support sperm production. In women, it carries out different roles in the two halves of the menstrual cycle. It stimulates the ovarian follicles in the ovary to produce the female hormone, oestradiol, and triggers ovulation. For the remainder of the cycle (weeks three to four), the remnants of the ovarian follicle form a corpus luteum. LH stimulates the corpus luteum to produce progesterone, which is required to support the early stages of pregnancy, if fertilisation occurs.

What This Means

Low Luteinizing Hormone: Low LH is commonly associated with infertility in both men and women. It is also associated with reduced pituitary gland function. In women it may result in amenorrhoea or absence of the menstrual cycle.

High Luteinizing Hormone: High LH is also associated with infertility in both men and women. High LH also associated with menopause in women and polycystic ovarian disease.

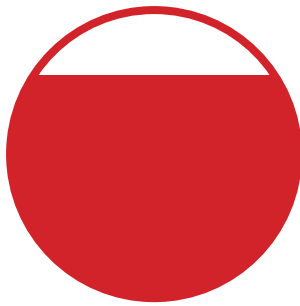
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Uterus

Your reactivity: **Score 4: High**



The uterus or womb, is a major organ of the female reproductive system. It consists of a body (womb) and a neck, also known as the cervix. It serves a number of important sexual and reproductive functions including directing blood flow to the pelvis and other reproductive organs, and the accepting of the fertilised ovum which grows and develops in the uterus until childbirth. Due to it being a highly hormone-responsive organ, the uterus is susceptible to a number of disorders which may be caused by genetic factors, infection, age-related decline or hormonal imbalances.

What This Means

Low Reading: Indicates chronic stress on uterine function. This may be due to genetic factors, age-related decline (menopause), hormonal factors, the presence of fibroids or endometriosis. It may lead to decreased fertility in menstruating women.

High Reading: Indicates acute stress on uterine function. Some causes of this include bacterial infections and hormonal imbalances. Symptoms of infection may be absent but if present may include pelvic or abdominal pain or discomfort. It may also be a sign of acute inflammation and may indicate the presence of uterine fibroids or endometriosis.

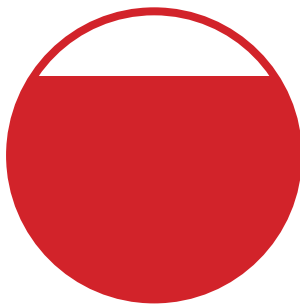
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Cortisol

Your reactivity: **Score 4: High**



Cortisol is a steroid hormone produced by the adrenal glands. It is released in response to stress and low blood-glucose concentrations. It functions mainly to increase blood sugar levels, suppress the immune system, aid in metabolism of carbohydrate, protein and fats, and it decreases bone density. Cortisol rhythms in humans are tightly controlled, cortisol levels peak in the morning and slowly decline as the day progresses. They are at their lowest at night. Cortisol production is extremely sensitive to both emotional and physiological stressors.

What This Means

Low Cortisol: A low cortisol level is usually associated with disorders of either pituitary or adrenal gland function. Low cortisol may lead to fatigue, digestive problems and low blood pressure. Low cortisol may also be a sign of a condition called Addison's disease.

High Cortisol: A high cortisol level is usually associated with chronic stress. Chronically elevated levels of cortisol may contribute to digestive problems, obesity, sleep problems and depression. Elevated cortisol may also be a sign of a condition called Cushing's syndrome or the use of steroid medication.

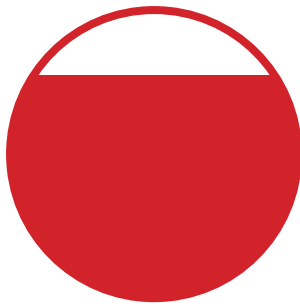
What To Do Next

Low Score: Scores within this range indicate chronic stress of a particular nutrient, neurotransmitter, hormone or organ in the body. This may negatively impact on to energy, sleep and mood function in the long-term. Nutritional supplementation may be required.

High Score: Scores within this range indicate acute stress of a particular nutrient, neurotransmitter, hormone or organ in the body. This may negatively impact on to energy, sleep and mood function in the short term. Nutritional supplementation may be required.

Insulin

Your reactivity: **Score 3: High**



Insulin is a hormone made by the pancreas, an organ located behind the stomach. The pancreas releases insulin into the bloodstream in response to a rise in glucose after we eat. It is a hormone essential for us to live and has many effects on the whole body, mainly in controlling how the body uses carbohydrate and fat found in food. Insulin allows cells in the muscles, liver and fat (adipose tissue) to take up sugar (glucose) that has been absorbed into the bloodstream from food. This provides energy to the cells. This glucose can also be converted into fat to provide energy stores when glucose levels are too low. In addition, insulin has several other metabolic effects (such as stopping the breakdown of protein and fat). Insulin production in a healthy individual is tightly controlled however this fine control can break down leading to diseases such as insulin resistance and type 1 and type 2 diabetes.

What This Means

Low Insulin: A low insulin reading is indicative of insufficient production of this hormone. It is commonly associated with later stages of insulin resistance and type 1 and type 2 diabetes (by different mechanisms).

High Insulin: A high insulin reading is indicative of metabolic syndrome (elevated glucose and insulin levels), or excessive use of insulin medication by individuals with type 1 diabetes. Elevated insulin may also be seen in polycystic ovarian disease.

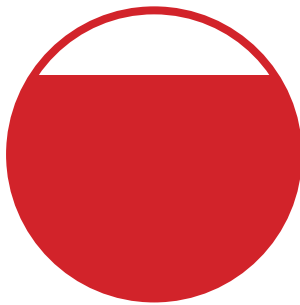
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Central Nervous System (CNS)

Your reactivity: **Score 3: High**



The central nervous system (CNS) is made up of the brain, the spinal cord, and the optic nerves. The central nervous system controls thought processes, guides movement, and registers sensations throughout the body. The spinal cord is a single continuous structure that goes from the brain through the base of the skull and down the spinal column. Individual paired spinal nerves continue down to the tailbone. The optic nerves are at the back of the eye and carry visual information from the eye to the brain. Injuries or diseases that affect the central nervous system can sometimes cause permanent loss of function and disability.

The CNS is sensitive to a wide range of substances including medications, alcohol, stimulants and recreational drugs.

What This Means

Low Reading: A low score indicates chronic CNS depression or slowed CNS function. A common cause of this is the use of alcohol, anxiolytic or sedative medications. Symptoms include a sensation of relaxation, mild disturbances in co-ordination and drowsiness.

High Reading: A high score indicates acute stimulation of the CNS. This may be due to excessive exposure to stimulant compounds, such as caffeine, or to medications such as amphetamines. Symptoms associated with this include increased alertness, increased blood pressure and heart rate and increased energy.

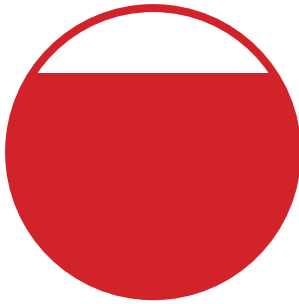
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Sympathetic Nervous System

Your reactivity: **Score 2.5: High**



The sympathetic nervous system (SNS) is one of the two main parts of the autonomic nervous system, the other being the parasympathetic nervous system. The autonomic nervous system is a control system that acts largely unconsciously and regulates bodily functions such as the heart rate, digestion, respiratory rate, pupil response, urination, and sexual arousal. The SNS innervates tissues in almost every organ system, providing regulation of functions as diverse as pupil diameter, gut motility, and urinary system function. It is best known for mediating the stress response commonly known as the fight-or-flight response. SNS system stimulation also causes vasoconstriction of most blood vessels, including many of those in the skin, the digestive tract, and the kidneys.

What This Means

Low Reading: Indicates chronic stress on the sympathetic nervous system.

High Reading: Indicates acute stress on the sympathetic nervous system.

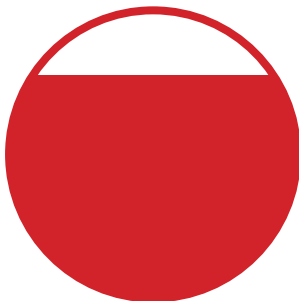
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RT3

Your reactivity: **Score 2.5: High**



Reverse triiodothyronine (rT3) is structurally similar to the thyroid hormone triiodothyronine (T3). It is produced in small amounts in the body through conversion from thyroxine (T4). Normally T4 (inactive thyroid hormone) is mostly converted to T3 (active thyroid hormone) and some rT3. However, under certain circumstances, such as excess T4, chronic stress, elevated cortisol, chronic illness or trauma, T4 converts to a higher amount of rT3. This increased level of rT3 can interfere with the function of active thyroid hormone T3, resulting in symptoms of low thyroid function while all other thyroid function markers appear normal.

What This Means

Low rT3: A low rT3 level is usually associated with normal or low thyroid gland function. The exact significance of low rT3 is currently unknown.

High rT3: A high rT3 level is usually indicative of increased cortisol levels, chronic stress or recent illness or trauma. Symptoms may mimic those of low thyroid function i.e. fatigue, weight gain, mood changes, changes in the quality of hair, skin and nails, hair loss, changes in blood lipid profiles and cold intolerance. Other thyroid function markers may appear normal.

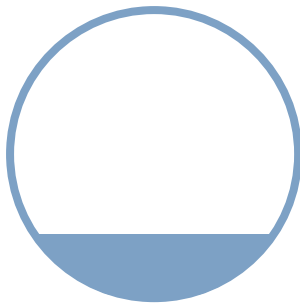
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DHEA

Your reactivity: **Score -2.5: Low**



Dehydroepiandrosterone, or DHEA, is a precursor hormone, which has powerful effects when converted into other hormones such as testosterone and oestradiol. It is produced from cholesterol mainly by the adrenal glands, although it is also made by the testes and ovaries in small amounts. It circulates in the blood, mainly attached to sulphur as dehydroepiandrosterone sulphate, which prevents the hormone being broken down. Production increases from around nine or ten years of age, peaks during the 20s and gradually decreases in old age. It is also produced in small amounts by the brain. In women, DHEA is an important source of oestrogens in the body – it provides about 75% of oestrogens before the menopause, and 100% of oestrogens in the body after menopause.

What This Means

Low DHEA: A low DHEA reading is indicative of chronic stress on the production or function of this hormone. In women, inadequate levels are associated with low libido, reduced bone mineral density and osteoporosis.

High DHEA: A high DHEA reading is indicative of acute stress on the body by this hormone. Elevated DHEA may result from supplementation with this hormone and is also seen in women with polycystic ovary disease (PCOD) and hirsutism.

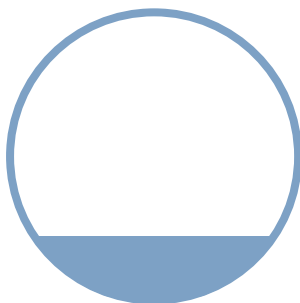
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Ovary

Your reactivity: **Score -2.5: Low**



The ovary is an organ of the female reproductive system. Besides its role in ovulation, it is also an endocrine gland responsible for the production of the important female hormones oestrogen and progesterone. Problems with the ovary may be both functional and hormonal interfering with fertility and other hormonal functions. Ovarian function decreases with age and usually ceases naturally after the menopause.

What This Means

Low Reading: Indicates chronic stress on ovarian function. This may be due to genetic factors, medical therapy (chemotherapy), autoimmune disease, chronic inflammation or the aging process. It may present with symptoms of hot flushes, mood swings, vaginal dryness, night sweats and fertility problems.

High Reading: Indicates acute stress on ovarian function. This may be due to a low-grade bacterial infection, problems with ovulation, blood stagnation during menstruation and ovarian cysts. It may or may not present with symptoms of pain and discomfort in the pelvic area.

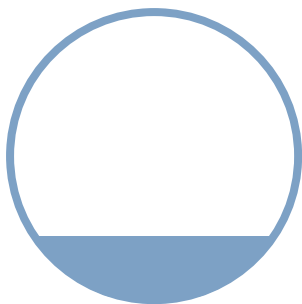
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Oestriol

Your reactivity: **Score -2.5: Low**



Oestriol is one of three oestrogens naturally produced by women. Normally levels in the body are very low but during pregnancy, it is made in much higher amounts by the placenta. Oestriol levels increase throughout pregnancy and are highest just before birth. It is an indicator of the health of the unborn foetus because the chemical from which it is made comes exclusively from the adrenal glands of the baby. It causes growth of the uterus and increases its sensitivity to other pregnancy-related hormones, thus causing a gradual preparation for birth. Oestriol levels start to increase from week eight of pregnancy and scientists now think that labour begins when oestriol becomes the dominant hormone.

What This Means

Low Oestriol: A low oestriol reading is rare and may be associated with complications with a pregnancy if applicable.

High Oestriol: A high oestriol reading is also rare and may be associated with supplementation with this hormone or with the use of other oestriol-containing hormone replacement therapies.

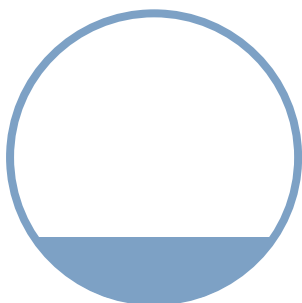
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Kidneys

Your reactivity: **Score -2.5: Low**



The kidneys are organs of the urinary system that serve important functions in the body. Besides their major role as organs of excretion, they serve many other regulating and balancing functions too. They help to maintain electrolyte levels, acid-base balance and blood pressure. They also serve as a blood filter, helping to excrete wastes in the urine and helping to reabsorb essential compounds such as water, glucose and amino acids.

What This Means

Low Reading: Indicates chronic stress on the kidneys. This may be associated with dehydration, high blood pressure, diabetes, kidney disease or the excessive or long-term use of certain medications. This may impact on various functions of the kidney such as waste elimination, blood pressure regulation and nutrient reabsorption.

High Reading: Indicates acute stress on the kidneys. This may be due to a kidney infection, the presence of kidney stones, dehydration or the use of certain medications.

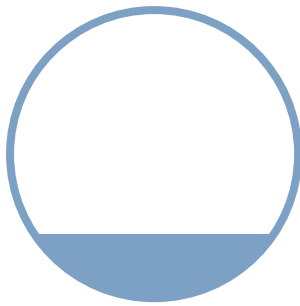
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Oestradiol

Your reactivity: **Score -2.5: Low**



Oestradiol is a steroid hormone is the strongest of the three naturally produced oestrogens. It is the main oestrogen found in women and has many functions, although it mainly acts to mature and maintain the female reproductive system. It also promotes development of breast tissue and increases bone and cartilage thickness. In premenopausal women, oestradiol is mostly made by the ovaries. Levels vary throughout the monthly menstrual cycle, being highest at ovulation and lowest at menstruation. Levels in women reduce slowly with age, with a large decrease occurring at the menopause when the ovaries switch off.

Men also produce oestradiol. It is made in the same pathway as testosterone. However, levels are much lower than in women. In both sexes, oestradiol is also made in much smaller amounts by fat tissue, the brain and the walls of blood vessels.

What This Means

Low Oestradiol: A low oestradiol reading may be associated with chronically low levels of this hormone. In pre-menopausal women it may cause menstrual irregularities and mood changes while in menopausal women it is causes menopausal symptoms and may contribute to osteoporosis.

High Oestradiol: A high oestradiol reading is associated with acute elevated levels or supplementation with this hormone. Some mild effects in women include acne, constipation, loss of libido and depression. In men, too much oestradiol can also cause sexual dysfunction, loss of muscle tone, increased body fat and development of female characteristics, such as breast tissue.

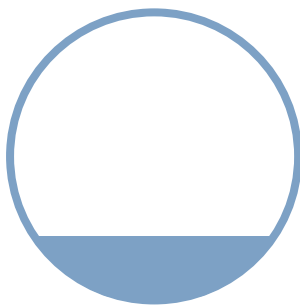
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Large Intestine

Your reactivity: **Score -2.5: Low**



The colon is an organ of the digestive system and forms the major part of the large intestine. Its main functions are to store wastes, extract salt and water from solid wastes before they are eliminated, absorb some vitamins such as Vitamin K and facilitate the fermentation of unabsorbed wastes by beneficial bacteria resident in the colon. Problems with the colon may occur as a result of incorrect diet, infections, autoimmune disease and stress.

What This Means

Low Reading: Indicates chronic stress on colon function. This may present with an inability to eliminate wastes effectively, chronic infrequent bowel elimination and/or sensations of fullness and abdominal bloating, chronic irritable bowel syndrome (IBS) and diverticulosis. It may be caused by poor dietary selections, an imbalance in healthy intestinal flora, low fibre intake and chronic stress.

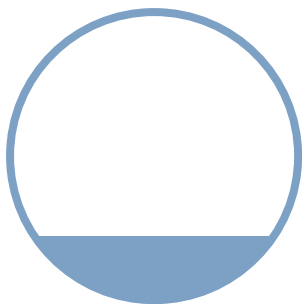
High Reading: Indicates acute stress on the colon. The causes of this are more recent and may be due to food allergy or intolerance, infection, stress, compromised gastric and duodenal digestive activity, deficiency of beneficial bacterial flora and overuse of laxative medication. Irritation may lead symptoms of bloating, flatulence, mild pain or discomfort, altered bowel movements and "irritable bowel syndrome".

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Stomach

Your reactivity: **Score -2.5: Low**

The stomach is an important muscular organ of the digestive tract. Its main functions are to secrete protein-digesting enzymes and strong acids to aid in food digestion. Problems with the stomach (gastric function) may arise due to incorrect dietary practises, infection, inflammation and stress.

What This Means

Low Reading: Indicates chronic stress on stomach function. This may be due to long-term insufficient production of hydrochloric acid (hypochlorhydria) and protein-digesting enzymes. It may be associated with symptoms such as dietary-induced heartburn and reflux, indigestion, delayed emptying of the stomach and bloating. Hypochlorhydria may also lead to inadequate mineral absorption.

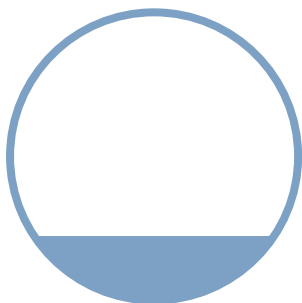
High Reading: Indicates acute stress on the stomach. This may be due to infection with *Helicobacter pylori*, gastric ulceration or poor dietary practises (for example: spicy foods, acidic foods, fried fatty foods), high alcohol consumption, high or low stomach acid, stress and anxiety. It may be associated with symptoms such as heartburn, reflux, nausea and indigestion.

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T-3

Your reactivity: **Score -3: Low**

Triiodothyronine (T3) is the active form of the thyroid hormone, thyroxine (T4). Approximately 20% of triiodothyronine is secreted into the bloodstream directly by the thyroid gland. The remaining 80% is produced from conversion of thyroxine by organs such as the liver and kidneys. Thyroid hormones play vital roles in regulating the body's metabolic rate, heart and digestive functions, muscle control, brain development and the maintenance of bones. The production and release of T4 and T3, is controlled by a feedback loop system that involves the hypothalamus in the brain and the pituitary and thyroid glands.

What This Means

Low Triiodothyronine (T3): A low level of T3 is indicative of low thyroid gland function or hypothyroidism. It may be caused by autoimmune diseases or poor iodine intake. Sometimes, the cause is unknown. Hypothyroidism in adults causes a decreased metabolic rate. Symptoms include fatigue, intolerance of cold temperatures, low heart rate, weight gain, reduced appetite, poor memory, depression, stiffness of the muscles and infertility.

High Triiodothyronine (T3): A high level of T3 is indicative of overactivity of the thyroid gland or hyperthyroidism. Symptoms include intolerance to heat, weight loss, increased appetite, increased bowel movements, irregular menstrual cycle, rapid or irregular heartbeat, palpitations, tiredness, irritability, tremor, hair loss and retraction of the eyelids resulting in a 'staring' appearance.

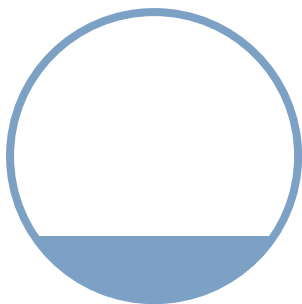
What To Do Next

Low Score: scores within this range indicate chronic stress of a particular nutrient, organ or hormone in the body. This may be indicative of a chronic dysfunction or imbalance of a nutrient, organ system or hormone. Nutritional support to restore normal function may be required.

High Score: scores within this range indicate acute stress of a particular nutrient, organ or hormone in the body. This may be indicative of an acute imbalance of a nutrient, organ system or hormone. Nutritional support for to restore normal function may be required.

Adrenal Glands

Your reactivity: **Score -3: Low**



The adrenal glands are small triangular-shaped glands located at the top of the kidneys. The hormones they produce are vital to the body's metabolism and physiology. The outer part of the gland (cortex) produces the steroid hormones cortisol, testosterone and aldosterone while the inner part (medulla) produces the fright-or-flight stress hormone adrenalin and noradrenalin. While serious diseases of the adrenal gland are uncommon hormone output by these glands can very quickly become compromised, leading to a hormonal imbalance. Notable causes of this include acute and chronic stress, lifestyle factors, dietary habits, ageing and imbalances in brain neurotransmitters.

What This Means

Low Reading: Indicates chronic stress on the adrenal glands. Some causes include chronic stress and anxiety, chronic illness, recreational drug use, chemical and toxin exposure, genetic factors and poor dietary habits. Symptoms associated with this include fatigue, exhaustion, weight gain, carbohydrate intolerance, reduced thyroid activity, brain fog, libido changes, mood changes, chronic allergy and recurrent infections.

High Reading: Indicates acute stress on the adrenal glands. This can be due to recent stress or trauma, the use of certain medications and dietary factors. Symptoms associated with this include low-grade inflammation in the body, immune system imbalances, over-active immune response, allergies, increased anxiety and sometimes weight loss or weight gain.

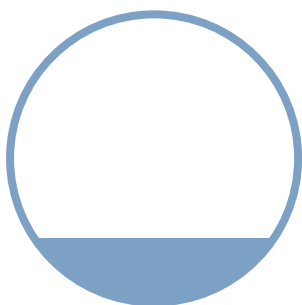
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Heart

Your reactivity: **Score -3: Low**



The heart is a muscular organ that is responsible for pumping blood around the body. The right side of the heart collects blood from the body and pumps it to the lungs to be oxygenated. The left side of the heart brings oxygenated blood from the lungs and pumps it to the rest of the body. Heart (cardiac) function decreases with age and maintaining cardiac health is a key component of increasing life expectancy. Cardiovascular disease is prevalent in both young and old and the main factors contributing to this appear to be both genetic and dietary.

What This Means

Low Reading: Indicates chronic stress on heart function. This may be due to genetic factors, a pre-existing heart condition, a prior history of heart disease or stroke/heart attack, hypertension, prolonged smoking or the ageing process. Symptoms may be absent or if present, may include elevated blood pressure, breathlessness and leg swelling.

High Reading: Indicates acute stress on heart function. This could be due elevated cholesterol levels, cardiovascular disease resulting from dietary or genetic factors, and chronic respiratory illnesses. Symptoms may or may not be present.

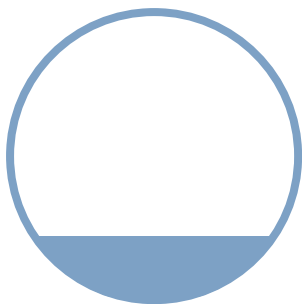
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Melatonin

Your reactivity: **Score -3: Low**



Melatonin is a neurohormone produced by the pineal gland in the brain. Its production involves pathways using mainly the amino acid tryptophan and the neurotransmitter serotonin. It is partly responsible for maintaining the body's sleep-wake cycle or circadian rhythm. It is produced in response to darkness and inactivated by exposure to both natural and artificial light. Melatonin is affected by imbalances in cortisol where higher than normal levels of cortisol at night can affect its production and activity.

What This Means

Low Melatonin: The main cause of melatonin deficiency is a lack of sleep or any conditions that disrupt sleep e.g. shift work, late nights, jet lag, alcohol consumption at night, caffeine consumption at night, stress, exposure to light, changes in blood sugar levels and electromagnetic radiation. Melatonin is strongly affected by elevated cortisol levels (due to stress) and its production decreases significantly with age. Symptoms of melatonin deficiency include sleep problems and mood changes.

High Melatonin: The main cause of high melatonin is excessive supplementation with this hormone. Symptoms include seasonal affective disorder (SAD), daytime sleepiness, impaired mental and physical performance, hypothermia and high levels of prolactin.

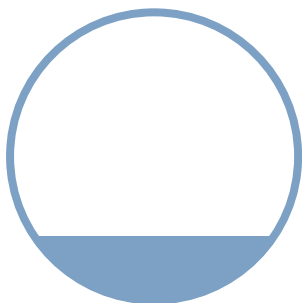
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Progesterone

Your reactivity: **Score -3.5: Low**



Progesterone belongs to a group of steroid hormones called progestogens. In women, it is mainly secreted by the ovary during the second half of the menstrual cycle. It plays important roles in the menstrual cycle and in maintaining the early stages of pregnancy. Progesterone is also produced in the adrenal glands and, during pregnancy, the placenta. In men, progesterone is produced by the adrenal glands. It plays an important role in regulating blood sugar, building bone mass, regulating brain activity and developing intelligence. It also contributes to the process that converts fat into energy, regulates thyroid hormone production and can help reboot libido. Aside from this, progesterone is a natural antidepressant, an aid to normalising blood clotting, a contributor to initiating sleep and a natural diuretic along with many other vital functions.

What This Means

Low Progesterone: A low progesterone reading is commonly associated with irregular menstruation, menopause and polycystic ovarian disease. Low progesterone has been linked to mood changes, depression, weight gain, irregular menstruation, thyroid dysfunction, gallbladder disorders, fibroids and post-natal depression.

High Progesterone: High progesterone is commonly associated with supplementation of this hormone. Symptoms associated with this include drowsiness, mood changes, fatigue and breast tenderness.

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