

荷爾蒙平衡 與體重管理



您受以下問題困擾嗎？



- ☐ 即使節食和常做運動但仍然難以減肥
- ☐ 腹部脂肪積聚
- ☐ 臀部脂肪積聚和大腿變粗
- ☐ BMI高於標準
- ☐ 肌肉流失
- ☐ 食慾增加或不斷嗜吃某種食物

如果您有兩個或以上的症狀，
您的荷爾蒙水平可能已經失衡，
導致各種體重問題！

 **HK BioTek®**

(+852) 2763 1488
info@hkbiotech.com
www.hkbiotech.com

致肥的原因：荷爾蒙失調

荷爾蒙對調節體重、新陳代謝、血糖、胰島素，以及脂肪儲存相當重要。不過隨年紀漸大，長期壓力、錯誤飲食觀念、缺乏運動等因素使荷爾蒙失調，出現各種健康問題，包括肥胖。

皮質醇：

增加腹部脂肪、食慾和嗜吃甜食的欲望，影響甲狀腺和新陳代謝功能



維生素D3缺乏症：

高胰島素血症，增加腹部（內臟）脂肪儲存



雌激素/孕酮：

臀部發胖和大腿變粗、水腫，甲狀腺水平低下，導致代謝緩慢



睪酮/DHEA：

肌肉減少/體脂增加，代謝變慢，中央肥胖



TSH升高：

甲狀腺功能減退，代謝變慢，減重困難



空腹胰島素升高：

胰島素抵抗/代謝綜合症，中央肥胖



HbA1c升高：

增加二型糖尿病風險



任何年齡的荷爾蒙失衡 都可能導致體重增加

女性	20-35歲	經期不規律或排卵不足
		壓力、節食後暴飲暴食、服用避孕藥 經期前體重增加、水腫和嗜吃甜食
	40-45歲	激素水平波動促使更年期
		體重和腹部脂肪增加，嗜吃甜食
	50歲以上	雌激素相對過剩
		臀部發胖和大腿變粗，水腫和新陳代謝變慢
男性	40歲以上	睪酮和DHEA下降
		脂肪取代了肌肉
兩性	皮質醇和胰島素的不平衡	
	壓力和不良飲食 增加代謝綜合症和糖尿病的風險	

荷爾蒙測試：體重管理

運用唾液和指頭血液樣本，進行全面評估，以解開體重問題和荷爾蒙之間的關係。



判斷體重問題是否和荷爾蒙平衡相關



結合血液及唾液樣本，方便簡單



從荷爾蒙水平，評估胰島素抗性、代謝綜合症及糖尿病的風險

Hormonal Balance & Weight Control



Are you troubled with the following problems?



- ☐ Difficulty in losing weight despite dieting and exercising
- ☐ Weight gain with belly fat
- ☐ Weight gain in hips and thighs
- ☐ BMI greater than average
- ☐ Loss of lean muscle
- ☐ Increased appetite or food cravings

If you are troubled with any 2 problems of the above,
Your hormones might be imbalance,
leading to your weight control issues!



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Hormones that affect weight

Hormones are key players in regulating weight, metabolism, blood sugar, insulin, fat storage. As we age, shifting hormones complicated by chronic stress, poor diet and lack of exercise trigger a lot of health issues, like weight gain.

Cortisol:

belly fat, increased appetite, sugar cravings, impaired thyroid and metabolism



Vitamin D3: deficiency:

hyperinsulinemia, belly (visceral) fat storage



Estrogen/ Progesterone:

weight gain in hips and thighs, water retention, low thyroid, sluggish metabolism



Testosterone/ DHEA:

insulin resistance/ metabolic syndrome, abdominal obesity



TSH elevated:

hypothyroidism, low metabolic rate, difficulty in losing weight



Fasting insulin elevated:

decreased lean muscle/ increased body fat, decreased metabolic rate, abdominal obesity



HbA1c elevated:

predictive of type 2 diabetes



Weight gain could be caused by hormone imbalances at any age

Female	aged 20-35	irregular cycles or lack of ovulation
		Stress, yo-yo diets and birth control Premenstrual weight gain, fluid retention and sugar cravings
	aged 40-50	fluctuating hormone levels leading up to menopause
		Weight gain, belly fat and sugar cravings
	aged 50+	a relative surplus of estrogen
		Weight gain in the hips and thighs, water retention and a sluggish metabolism
Men	aged 40+	testosterone and DHEA decline
		Body fat is taking the place of lean muscle
In both sexes		imbalances of cortisol and insulin
		Stress and poor diet Raise risks for metabolic syndrome and diabetes

Hormone Testing: Weight Hormone Profile

Saliva and blood testing by finger-prick for a comprehensive assessment to unlock the relationship between weight issue and hormones.

Identify whether you are one of the thousands affected by hormonal imbalances

Utilise both saliva and blood sample to have comprehensive analysis on hormone levels

Detect risk markers for insulin resistance, metabolic syndrome and diabetes