

# 你有否不斷出現這些徵狀？



## 這些徵狀可能與皮質醇有關

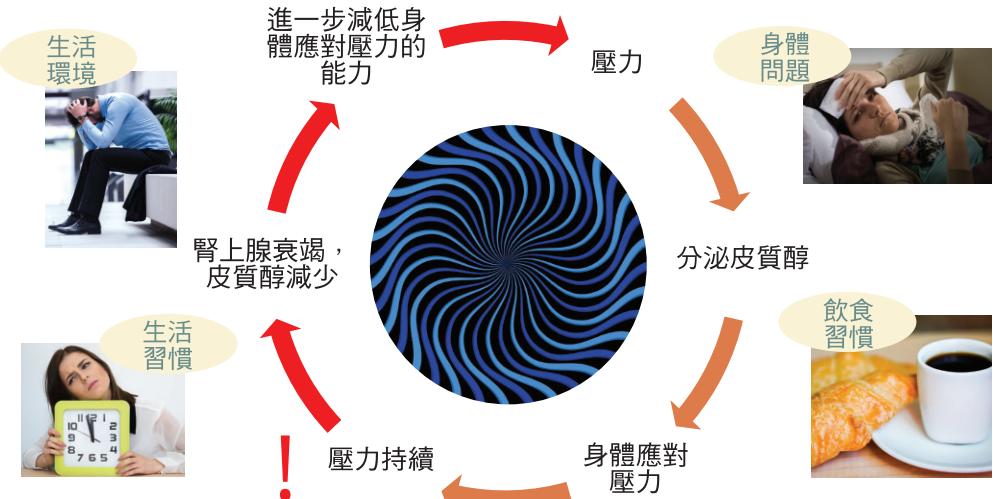
### 甚麼是皮質醇？

- 由腎上腺分泌
- 亦被稱為「壓力荷爾蒙」
- 在蛋白質、脂質和碳水化合物的代謝作用中扮演重要角色
- 影響血糖水平
- 有助於維持血壓正常
- 幫助我們應對壓力
- 幫助調節免疫系統

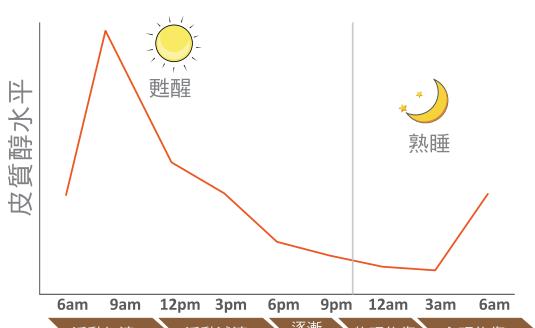
### 為什麼要檢測皮質醇？

- 確定徵狀是否由過多的皮質醇引起（早期的腎上腺疲勞）
- 或者，你的身體會否已不能產生足夠的皮質醇（更嚴重的腎上腺疲勞）

以科學的方法揭示徵狀的原因！



### 正常皮質醇水平在全天的變化



不正常的皮質醇水平  
可能正是上述徵狀的成因

### DST 皮質醇唾液測試

樣本要求：0.5毫升 X 7小瓶  
(不同時段的樣本 - 能更有效地揭示您的皮質醇水平)  
您的樣本將運到德國的化驗所進行分析

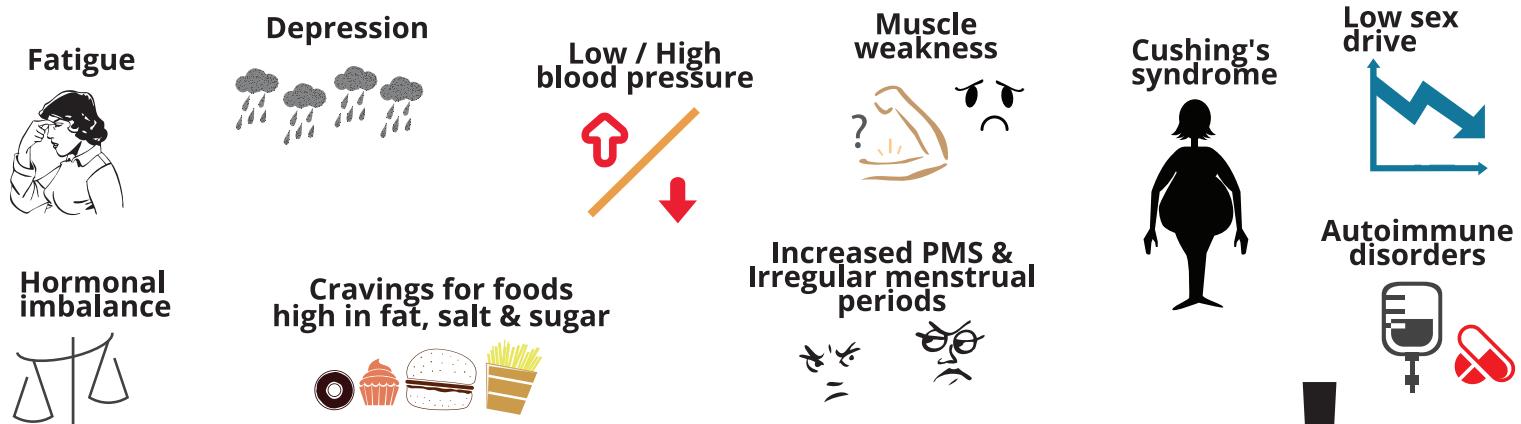
### 為什麼要用唾液？

- 無壓力採樣
- 游離皮質醇存在於唾液，但不存在於尿液和血液中
- 評估在細胞水平上具有意義的皮質醇水平
- 結果準確度得到美國國立衛生研究院(NIH)及世界衛生組織(WHO)認可

### 您將從13頁的報告中得知：

- 您的測試結果
- 為甚麼身體需要皮質醇？
- 皮質醇如何應對壓力？
- 皮質醇水平過高或偏低怎麼辦？
- 如何維持正常的皮質醇水平？

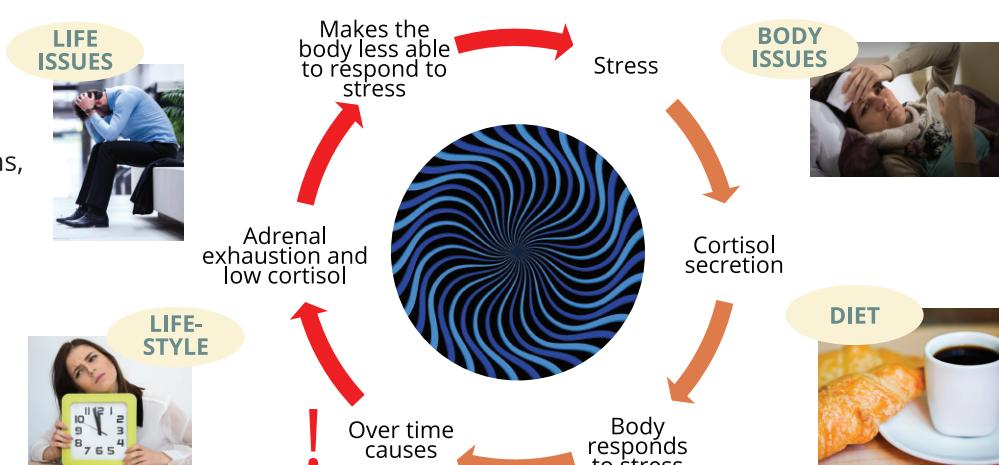
# Do you constantly face these conditions ...



These symptoms may be related to **cortisol!**

## What is cortisol?

- Produced in the adrenal cortex
- Referred as the 'stress hormone'
- Plays a role in the metabolism of proteins, lipids, and carbohydrates
- Affects blood glucose levels
- Helps maintain blood pressure
- Helps us deal with stress
- Helps regulate the immune system

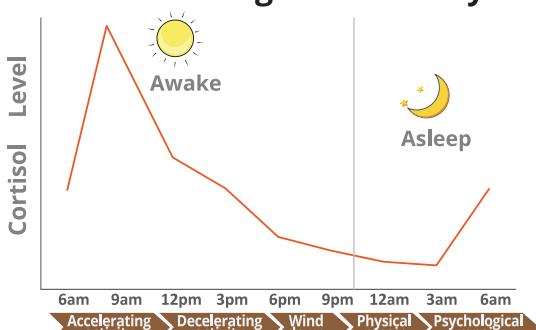


## Why testing cortisol?

- Determine if the symptoms are from too much cortisol (early adrenal fatigue)
- Or if you have progressed to the point where your body cannot produce enough cortisol (more advanced adrenal fatigue)

*To reveal the causes of symptoms in a scientific way!*

### Normal Pattern of Cortisol Level Throughout The Day



**Irregular pattern**  
of your cortisol level  
may be the causes of the  
conditions listed above.

## Cortisol Salivary Test by DST

**Sample Requirement:** 0.5ml x7 vials

(samples at different times – reveal more about your rhythm)  
Your sample will then be shipped to Germany for analysis

### Why using saliva?

- Stress-free sampling
- Free cortisol is present in the saliva but not in urine and blood
- Assess the biologically active cortisol level is meaningful at the cellular level
- Accurate result recognized by The National Institutes of Health (NIH) and the World Health Organization (WHO)

### A 13-page Report tells

- Your test result
- Why the body needs cortisol?
- What does cortisol do with stress?
- What if the cortisol level has increased?
- What if the cortisol level is low?
- How to normalize the levels of cortisol?