

You have tried dieting.  
 You have tried to get enough sleep.  
 You have tried to quit cold turkey.

Have you checked your hormones?



Proper hormone balance can help you:

- Lose weight**
- Curb cravings and compulsions**
- Feel more energetic**
- Sleep better**
- Reduce anxiety**
- Improve memory**

An accurate salivary hormone test can be the starting point to looking and feeling better.

Ask your Consultant for your hormone test kit today!

## Symptom Review

Review the symptom checklist below and indicate any symptoms you are experiencing. Return to your Consultant to start the conversation about your health! 0 = none, 3 = severe

Symptom	0	1	2	3
Sugar/salt cravings				
Poor impulse control				
Poor appetite control				
Difficulty concentrating				
Increased forgetfulness				
Difficulty sleeping				
Anxiety/depression				
Irritability				
Fatigue				
Decreased stamina				
Decreased motivation				



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 WEIGHT LOSS SPECIALISTS

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# Cravings

Solving the  
 Always Wanting More Syndrome



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## Cravings: your body telling you that something is out of balance

### What's Happening and the Effect on the Body      Testing Considerations

What do you crave? Sweets? Salty snacks? Caffeine? Screens? Cravings and compulsions can drive us to indulge in behaviors that are not healthy for us, even when we know better!

**Hormones** play an important role in maintaining blood sugar balance and restorative sleep patterns and imbalance may result in cravings and disturbed sleep. When sleep is disturbed, the hormones that signal to the body “I’m hungry” can be thrown out of balance, leading to increased feelings of hunger and a dampened ability to feel full after a meal.

Elevated testosterone and DHEA in women can contribute to the “apple shape” or belly fat that many women struggle with as they age. Younger women with PCOS may also struggle with abdominal obesity. This increase of testosterone and abdominal fat can lead to higher estrogen levels, which has been linked to accumulating and storing more belly fat. A vicious cycle, indeed!

Your adrenal glands make cortisol (the stress hormone), which impacts blood sugar levels, blood pressure, heart rate and metabolism. The ideal cortisol pattern is highest first thing in the morning, and steadily decreases toward night time. Over time, continued stress disrupts the delicate balance of hormones, including how much cortisol is made and when it is released. When your body is under constant stress, your nervous system never receives the signal to relax. This causes the cortisol response to become altered, which can lead to other hormones going awry.

Over a period of time with constant stress, the HPA axis (adrenal glands are part of this system) becomes altered, eventually producing less and less cortisol. Without enough cortisol, the body needs to find energy from somewhere else. Our bodies crave sugar, caffeine and other stimulants to counteract lowered cortisol levels and temporarily raise energy levels.

Imbalanced cortisol and/or hormones may lead to:  
**Sugar cravings**  
**Difficulty sleeping, and feeling tired but wired**  
**Afternoon slump**  
**Headaches**

Hormone testing (in saliva) and follow up is crucial for identifying the appropriate treatment to get you back on track. Once hormone and cortisol levels are balanced, restorative sleep, diminished cravings, and days filled with energy and vitality could be just around the corner.

The **Hormone Detection Kit** from Metabolic Research Center is an excellent starting place for evaluating hormone function in both men and women. This kit tests both reproductive (sex) hormones as well as adrenal (sleep and stress) hormone function, because symptoms of imbalance may overlap.

The Hormone Detection Kit will test the following:

- Estradiol**
- Progesterone**
- Testosterone**
- DHEA**
- Cortisol (4 times/day)**