

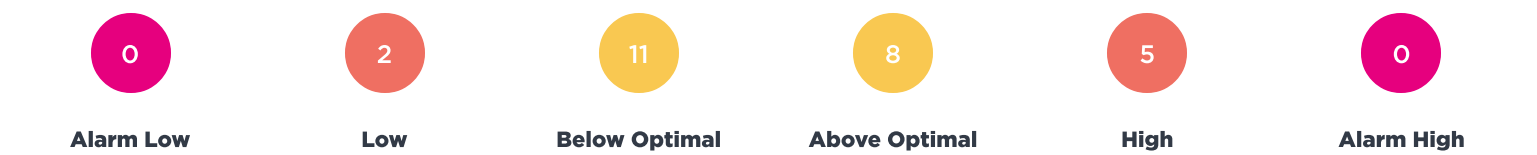
HORMONES

Hormones act as your body’s messengers, controlling energy, mood, sleep, and overall well-being. When they are out of balance, you may feel tired, stressed, or have trouble with weight, focus, or sleep. By measuring various hormone levels, we can understand how well your endocrine system is performing as a whole and guide you toward strategies that help maintain optimal hormonal balance.

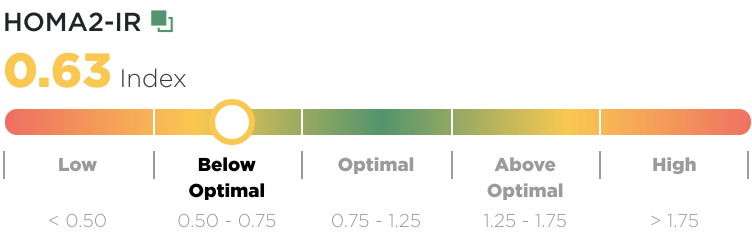


# Out of Optimal Range

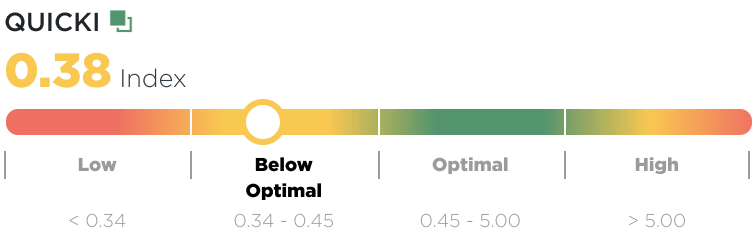
The following report shows all of the biomarkers that are out of the optimal range and gives you some important information as to why each biomarker might be elevated or decreased.



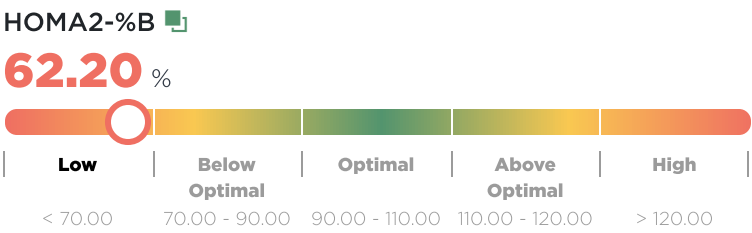
## BLOOD GLUCOSE



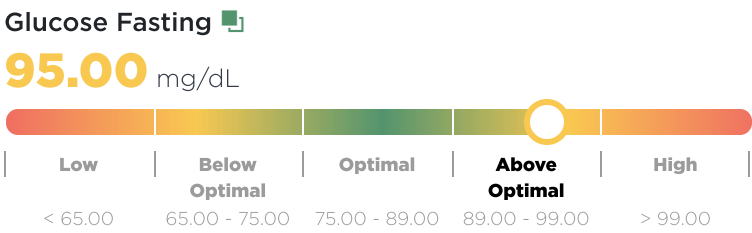
The HOMA2 (Homeostasis Model Assessment) calculator is a tool used to express the degree of insulin sensitivity and insulin resistance. HOMA2-IR helps estimate the degree of cellular resistance to the hormone insulin. Interestingly, a HOMA2-IR that's below optimal shows an increasing trend towards reactive hypoglycemia.



QUICKI is a simple calculation that uses fasting glucose and fasting insulin to assess insulin sensitivity. Decreased QUICKI results are associated with a trend towards increasing insulin resistance, cardiovascular risk, metabolic syndrome, and fatty liver.



The HOMA2 (Homeostasis Model Assessment) calculator is a tool used to express the degree of insulin sensitivity and insulin resistance. HOMA2-%B helps estimate the beta-cell function of the pancreas. Beta-cells produce insulin. Decreased HOMA2-%B levels indicate a decreased output of insulin from the pancreas. This, along with a number of other factors, points to an increasing trend towards the progression of Type 2 Diabetes.



Blood glucose levels are regulated by several important hormones including insulin and glucagon. Glucose is also directly formed in the body from carbohydrate digestion and from the conversion in the liver of other sugars, such as fructose, and fat into glucose. Increased blood glucose is associated with type 1 & 2 diabetes, metabolic syndrome, and insulin resistance.