



Heather Holistics Naturopathic Clinic
Naturopathic Clinic.info (208)231-7149
Text support line: (208)255-5444

HORMONE BALANCE TEST FOR MEN

SYMPTOM GROUP 1

- | | |
|--|---|
| <input type="checkbox"/> Weight loss | <input type="checkbox"/> Enlarged breasts |
| <input type="checkbox"/> Loss of muscle | <input type="checkbox"/> Lower stamina |
| <input type="checkbox"/> Lower sex drive | <input type="checkbox"/> Softer erections |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Gallbladder problems |

TOTAL BOXES CHECKED

SYMPTOM GROUP 2

- | | |
|---|---|
| <input type="checkbox"/> Hair loss | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Prostate enlargement | <input type="checkbox"/> Breast enlargement |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Puffiness/bloating | |

TOTAL BOXES CHECKED

ANSWERS

MEN:

1. SYMPTOM GROUP 1

Testosterone deficiency: This is most common in men over the age of fifty, and can be remedied with special nutritional supplements; increased muscle-building exercise; and supplemental hormones including (natural) testosterone, progesterone, and DHEA. You can find details in Dr. Lee's booklet, [Hormone Balance For Men](#). It is also recommended that you get a [saliva hormone test](#) to find out which hormone(s) would be best for you. A basic set of baseline tests for men would include testosterone, DHEA, estrogen and progesterone through a saliva test. It may also be helpful to measure morning and evening cortisol by saliva test, and SHBG (Sex Hormone Binding Globulin) by blood spot test.

2. SYMPTOM GROUP 2

Excess estrogen: In men, excess estrogen can be balanced with one of the male hormones and changes in diet and lifestyle. You can read about this in detail in Dr. Lee's booklet, [Hormone Balance For Men](#). It is also recommended that you get a [saliva hormone test](#) to pinpoint your hormone balance more exactly.

DO YOU NEED A SALIVA HORMONE TEST?

[Here's where you can order one now.](#)

Please Note: The information contained in this Hormone Balance Test is not intended to replace a one-to-one relationship with a qualified health care professional, and is not intended as medical advice, but as guidelines for determining the underlying cause of your symptoms. You are encouraged to make your health care decisions in partnership with a qualified health care professional.