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NATURAL BALANCE WELLNESS MEDICAL CENTER
 TONY BOGGESS, DO
 1310 S MAIN ST

Test	Description	Result	Ref Values
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NLASI Custom ASI - Saliva

TAP	Free Cortisol Rhythm - Saliva	Result	Ref Values
	06:00 - 08:00 AM	4 Depressed	13-24 nM
	11:00 - 1:00 PM	12 Elevated	5-10 nM
	04:00 - 05:00 PM	4 Normal	3-8 nM
	10:00 - Midnight	2 Normal	1-4 nM
	Total Cortisol Output:	22	22 - 46 nM

The Total Cortisol Output is the sum of the four cortisol values and reflects overall cortisol output. Elevated values may indicate hypercortisolism or exogenous exposure, and low values suggest adrenal hypofunction.

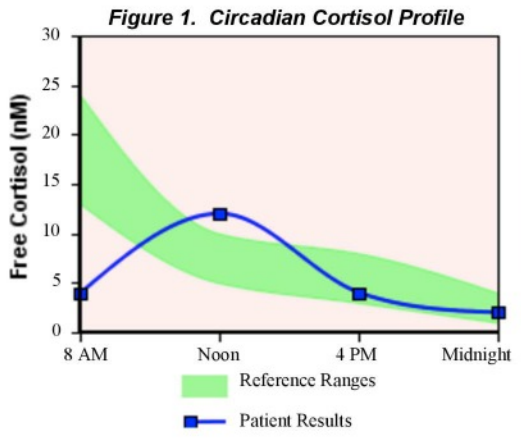


Figure 2.
 The cortisol inducers fall into five broad categories shown in the adjacent flowchart. For optimization of the hypothalamic-pituitary-adrenal (HPA) axis, all cortisol inducers should be examined and addressed.

Remarks: Depressed morning cortisol, < 13 nM, is suggestive of marginal HPA (Hypothalamic-Pituitary-Adrenal) performance. Normal rhythms exhibit highest cortisol value for the day at 7 - 8 AM. An elevated noon/afternoon cortisol value may be caused by emotional or mental stress, hypoglycemia, or chronic pain/inflammation.

Inducers of Cortisol Release
 Inducers below must be individually examined for successful restoration of adrenals.

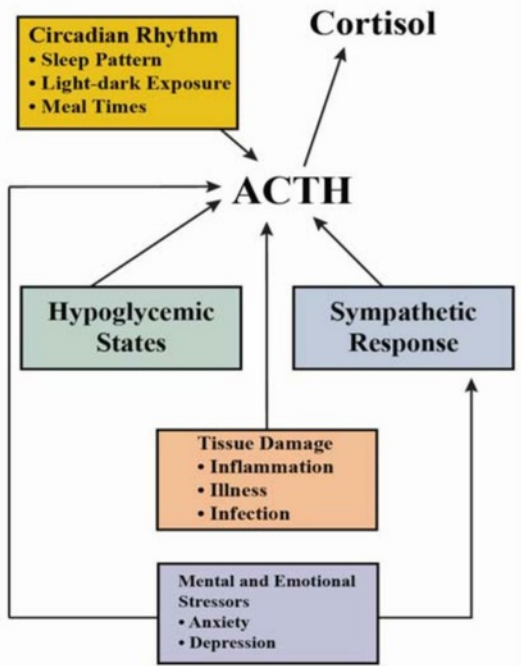


Figure 2.

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Accession:

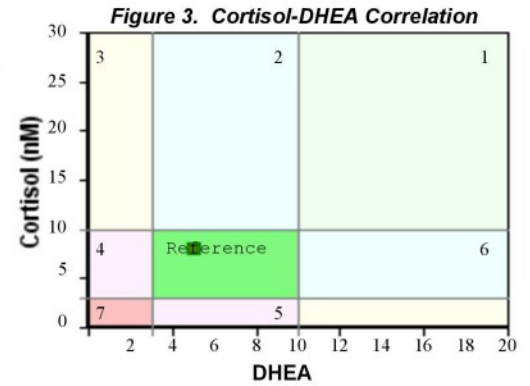
Test	Description	Result	Ref Values
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DHEA	Dehydroepiandrosterone Free	[DHEA + DHEA-S]	
	Pooled Value	5	Normal Adults (M/F): 3-10 ng/ml

Figure 3 shows your cortisol-DHEA correlation was in:

➡ **Reference zone**

Individuals with values in the reference zone display a balance in the average cortisol and average DHEA/DHEA-S production for the time and day of collection. Falling in the reference zone does not preclude other manifestations of suboptimal adrenal function such as improper circadian rhythm (particularly involving morning or bedtime cortisol production).



CORTISOL-DHEA CORRELATION SPECTRUM

- 1. Acute stress response: high cort, DHEA
- 2. High cortisol, declining DHEA
- 3. High cortisol, low DHEA
- 4. Low DHEA, declining cortisol
- 5. Low cortisol, transient DHEA recovery
- 6. Transient DHEA elevation
- 7. Adrenal hypofunction: low cort, DHEA

Please Note:

In all patients under 18 years of age, it is not advisable to give exogenous hormones without a thorough evaluation and diagnosis.

COURTESY INTERPRETATION of test and technical support are available upon request, to Physicians Only