



Hormone Panel

Health Action Plan

October 1, 2019

Demo Client

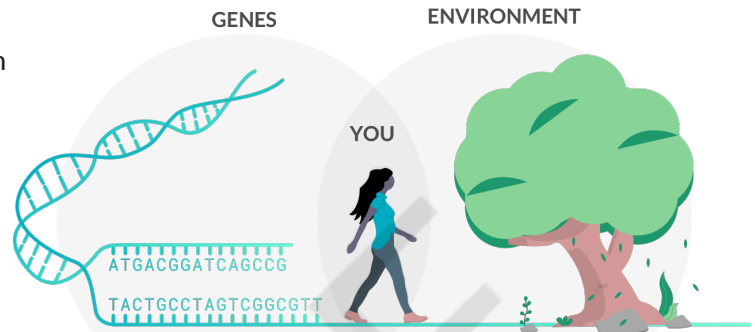
Kit #1234ABCD5678

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Understand Your Genetics

This report is broken down into three main sections: Trait Impact, Recommendations and Trait Detail. Depending on the number of traits being reviewed, your report will contain multiple trait and recommendation detail sections. Terms and sections of the report are defined below.



DNA

DNA is a long, ladder-shaped molecule. The rungs of the ladder are made of two amino acids pairing together, these are called bases. They always pair the same way, A (Adenine) with T (Thymine), and C (Cytosine) with G (Guanine). The body is constantly replicating DNA strands.

GENE

Genes are the basic units of heredity (passed down from generation to generation). They are made of DNA and provide the instructions for how our body works, what we look like, etc. Humans have between 20,000 - 25,000 genes. We inherit half of them from our mother and half from our father.

SNP

A SNP is a Single Nucleotide Polymorphism. SNPs occur when the amino acids making up the base pair do not come together in the same way as the original DNA strand. For example, the original strand may have had an A but the replicated strand has a G. SNPs are common and many of them have no impact to the individual, however, some can change how our body works.

VARIANT

Variants are how SNPs are referred to in this report. When the amino acid in the copied strand is different from the original, it is called a variant - it varies from the original. Variants are not necessarily 'good' or 'bad' they are simply different from the original. The depiction of variants is shown as: +/+ (both copies have different amino acids), +/- (one copy has a different amino acid), -/- (both copies have the same amino acid as the original) or U (one copy is indeterminate).

Reading This Report

Trait	Impact Score
Trait Name	

1 Trait Impact

This report focuses on traits. These are typically groups of SNPs that have a similar impact on the body's function. We use a proprietary algorithm to determine the impact a group of SNPs may have on a specific function in the body based on your individual test results.

Gene	SNP/RSID	Variant
SMPL	ex1234567	+ -

2 Traits

The traits in our reports are typically grouped by body function, a symptom type, a disease, a nutrient need, or a response to environment. Within the trait pages, you will see the SNPs that are looked at for that trait, your variant type and recommendations to optimize health and minimize risk based on your individual results.

Trait Recommendations

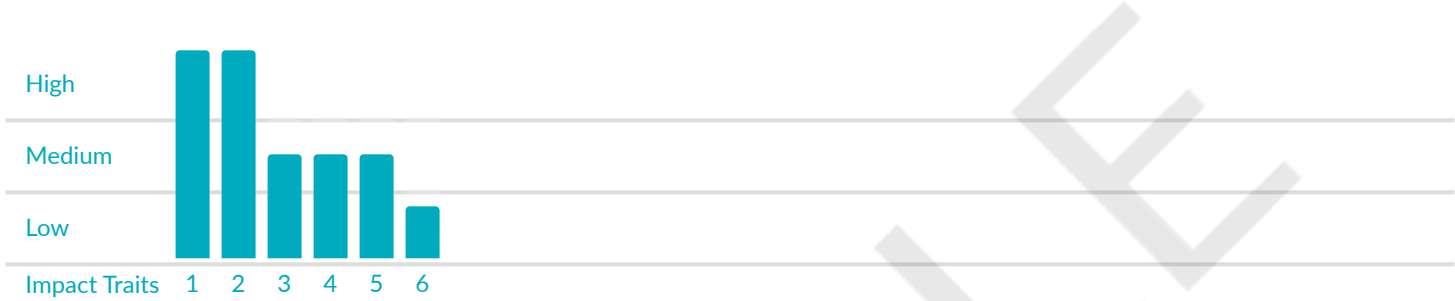
3 Recommendations

Your genes, and therefore your SNPs, will not change during your life. However, this report focuses on SNPs whose impact can be influenced by external factors like diet, exercise, supplements, and lifestyle changes.

Disclaimer - The recommendations in this report have been carefully prepared and reviewed for you by your health and wellness provider, based on his or her reasoned medical judgment about your personal health needs. Be sure that you have shared with your health and wellness provider all relevant information about your health, including any medications or dietary supplements you may be taking, and any medical conditions you may be experiencing, before you adopt any of these recommendations. This test is performed via DNA sequencing. As with all genetic testing with the highest possible standards, the data generated during the laboratory process will have a <99% sensitivity and specificity.

How These Traits Affect You

This page provides a high-level snapshot of the clinical significance of each trait within this panel. The results are in two categories: traits that are ranked high, medium or low impact as well as traits for which there is an explicit result (i.e. categorical such as "yes" or "no"). At the end of this page are a summary of any non-reportable (NR) traits. The results for these traits are unable to be determined from the sample submitted. Recommendations are made for traits with high or medium impact only.



Impact Traits	Impact	Learn More
1 Cortisol	≡ HIGH	Page 12
2 DHEA	≡ HIGH	Page 13
3 Estrogen	≡ MEDIUM	Page 14
4 Estrogen Metabolism	≡ MEDIUM	Page 15
5 Testosterone in Men	≡ MEDIUM	Page 17
6 Progesterone	— LOW	

Supplements

Below is a list of the top recommended supplements curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Supplement sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Vitamin D3	Supplement with 3,000 IUs of vitamin D3 per day.	DHEA, Estrogen, Testosterone in Men
2 Ashwagandha	Supplement with 250 - 300 mg of ashwagandha per day.	Cortisol, Testosterone in Men
3 Curcumin	Supplement with 250 - 2,000 mg of curcumin extract per day.	Estrogen, Estrogen Metabolism
4 DIM (3,3'-diindolylmethane)	Supplement with 200 - 300 mg of DIM per day.	Estrogen, Estrogen Metabolism
5 Magnesium	Supplement with 300 - 500 mg of magnesium per day.	Estrogen, Estrogen Metabolism
6 Omega-3	Supplement with 2 - 5 g of omega-3 fatty acid supplement that contains essential fatty acids DHA and EPA.	Cortisol, Estrogen
7 Astaxanthin	Supplement with 4 - 12 mg of astaxanthin per day.	Estrogen Metabolism
8 Conjugated Linoleic Acid (CLA)	Supplement with 2 - 4 g of conjugated linoleic acid (CLA) per day.	Estrogen Metabolism
9 DHEA	Supplement with 50 - 200 mg of DHEA per day.	DHEA
10 Ellagic Acid	Supplement with 200 mg of ellagic acid per day.	Estrogen Metabolism

Note - If you are taking any medications, consult with your practitioner before starting any new supplements as they may have adverse effects with your medications.

Diet

Below is a list of the top dietary recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Diet sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Cruciferous Vegetables	Add 2 to 5 cups of cruciferous vegetables per day to your diet.	DHEA, Estrogen, Estrogen Metabolism
2 Magnesium Rich foods	Consume a diet rich in magnesium.	Cortisol, Estrogen
3 Adequate Carbohydrate Intake	Aim to consume at least 130 g of carbohydrates per day.	Testosterone in Men
4 Adequate Dietary Fats	Consume a diet consisting of at least 20% of total calories from healthy fats.	DHEA
5 Allium Vegetables	Aim to include at least 1 serving of allium vegetables, garlic, and leeks, in your daily diet.	Estrogen Metabolism
6 Antioxidants	Consume a wide variety of antioxidant-rich foods daily, aim for at least 5 servings of brightly colored fruits and vegetables.	Cortisol
7 Citrus Foods	Aim to include 1 serving of citrus foods to your diet per day.	Estrogen Metabolism
8 Consume Fatty Fish	Consume 5 to 6 oz of cold-water fatty fish 2 to 3 times per week.	Estrogen
9 Dark Chocolate (70-99%)	Eat approximately 1 oz of dark chocolate per day.	Cortisol
10 Dietary Fiber	Increase dietary fiber intake to recommended 25 g for females and 30 g for males.	Estrogen Metabolism

Lifestyle

Below is a list of the top lifestyle recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Lifestyle sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Adequate Sleep	Aim for the recommended 7 to 8 hours of sleep each night.	Cortisol, Testosterone in Men
2 Limit Alcohol	Avoid alcohol or limit alcohol to no more than 1 drink per day for women and 2 drinks per day for men.	Estrogen, Estrogen Metabolism
3 Avoid 2nd Hand Smoke and/or Quit Smoking	Quit smoking and limit any exposure to second-hand smoke.	Estrogen Metabolism
4 Avoid BPAs	Avoid exposure to BPAs found in plastic bottles and containers. Try to use glass or stainless steel.	Testosterone in Men
5 Avoid Heavy Metals Tungsten (W) and Cadmium (Cd)	Avoid exposure to the heavy metals tungsten and cadmium found in older lightbulb filaments, x-ray bulbs, red/yellow/orange color additives and paint pigments, and some plastics.	Testosterone in Men
6 Avoid Polychlorinated Biphenyl (PCBs)	Avoid Polychlorinated Biphenyl (PCBs) by reducing your intake of contaminated foods such as fish, shellfish, meat, poultry, milk, and dairy products.	Estrogen Metabolism
7 Avoid Sleep Pattern Disruptions	Aim to get at least 6 to 8 hours of restful sleep per night and limit sleep pattern disruptions.	DHEA
8 Limit Xenoestrogens	Limit exposure to xenoestrogens, such as those found in pesticides and plastic containers.	Estrogen Metabolism
9 Reduce Stress	Engage in enjoyable hobbies such as gardening, sports, or other leisure activities to help reduce stress.	Testosterone in Men

10 Relaxation

Practice deep breathing techniques for relaxation daily such as belly breathing or alternate nostril breathing.

Cortisol

SAMPLE

Exercise

Below is a list of the top exercise recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Exercise sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Aerobic Activity	Aim for 20 to 30 minutes of aerobic physical activity most days of the week.	DHEA, Estrogen, Testosterone in Men
2 Interval Training	Incorporate interval training, including HIIT-style, into your training at least 2 times per week.	Testosterone in Men
3 Resistance Training	Engage in resistance training that targets all major muscle groups 2 to 3 times per week.	Testosterone in Men
4 Yoga	Incorporate at least 1 to 2 yoga sessions into your weekly exercise routine.	DHEA

Further Testing

Below is a list of the top further testing recommendations curated specifically for you. These recommendations may represent a subset of the total recommendations found within the Further Testing sections of your report. Recommendations are listed in order of importance based on your individual genetic results. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Recommendation Name	The Details	Linked Traits
1 Estradiol Testing (E2)	Test estradiol (E2) levels	Estrogen, Estrogen Metabolism
2 Morning Cortisol Levels	Test serum morning cortisol levels	Cortisol, DHEA
3 Sex Hormone Binding Globulin (SHBG)	Test levels of sex hormone binding globulin (SHBG)	DHEA, Testosterone in Men
4 Testosterone Levels	Test for testosterone levels	Estrogen, Testosterone in Men
5 DEXA Scan	Perform a DEXA Scan	Testosterone in Men
6 Fasting Glucose	Test fasting glucose levels	Testosterone in Men
7 Ferritin	Test blood ferritin levels	Cortisol
8 Follicle Stimulating Hormone (FSH) Levels	Test Follicle Stimulating Hormone (FSH) levels	Estrogen
9 Hormone Metabolism Urine Tests	Test for urinary hormone metabolites	Estrogen Metabolism



Trait Details

Appendix 1

Hormone Panel

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Cortisol

People with similar genetic markers to yours may be at an increased risk for impaired cortisol metabolism.

Gene	SNP	Variant	Impact
FKBP5	rs1360780	+/+	High
FKBP5	rs9470080	+/+	High
FKBP5	rs7748266	+/-	Medium

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Omega-3
- Vitamin C
- Thiamine (Vitamin B1)
- Probiotics
- Low Dose Naltrexone Therapy (LDN)
- Prebiotic Fiber
- Ashwagandha
- L-Theanine

DIET

- Dark Chocolate (70-99%)
- Magnesium Rich foods
- Potassium Rich Foods
- Vitamin B6 Rich Foods
- Limit Added and Refined Sugars
- Antioxidants
- Thiamine (B1)
- Riboflavin (B2)

LIFESTYLE

- Adequate Sleep
- Relaxation

FURTHER TESTING

- Morning Cortisol Levels
- Ferritin

DHEA

People with similar genetic markers may be at a higher risk for low serum DHEA and DHEA-S concentrations.

Gene	SNP	Variant	Impact
SULT2A1	rs2637125	+/+	High
BCL2L11	rs6738028	+/+	High
HHEX	rs2497306	+/+	High
TRIM4	rs17277546	+/-	Medium
CYP2C9	rs2185570	+/-	Medium
ZKSCAN5	rs11761528	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Vitamin D3
- DHEA
- Sulforaphane

DIET

- Cruciferous Vegetables
- Adequate Dietary Fats

LIFESTYLE

- Avoid Sleep Pattern Disruptions

EXERCISE

- Aerobic Activity
- Yoga

FURTHER TESTING

- Morning Cortisol Levels
- Sex Hormone Binding Globulin (SHBG)

Estrogen

People with similar genetic markers may be at a higher risk for higher or irregular estrogen levels.

Gene	SNP	Variant	Impact
ESR1	rs9340799	+/-	== Medium
ESR1	rs2077647	+/-	== Medium
LOC101928278	rs13387042	+/-	== Medium
SHBG	rs6259	-/-	— Low
ESR2	rs1256049	-/-	— Low
TNRC9/CASC16	rs3803662	-/-	— Low
ESR1	rs728524	-/-	— Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Garlic
- Omega-3
- Vitamin D3
- Magnesium
- Curcumin
- DIM (3,3'-diindolylmethane)
- Ginkgo Biloba

DIET

- Magnesium Rich foods
- Cruciferous Vegetables
- Seaweed
- Consume Fatty Fish
- Plant-Based Diet
- Seed Cycling

LIFESTYLE

- Limit Alcohol

EXERCISE

- Aerobic Activity

FURTHER TESTING

- Follicle Stimulating Hormone (FSH) Levels
- Testosterone Levels
- Estradiol Testing (E2)

Estrogen Metabolism

People with similar genetic markers may be at a higher risk for impaired estrogen metabolizing pathways. This may result in increased exposure to oxidative estrogen metabolites, which have been associated with various health conditions involving the menstrual cycle, cellular growth and creating estrogen dominance.

Gene	SNP	Variant	Impact
GSTM1	rs366631	+/+	High
CYP1A1	rs2606345	+/-	Medium
CYP1A1	rs4646422	-/-	Low
CYP2D6	rs1065852	-/-	Low
GSTP1	rs1695	-/-	Low
CYP1A1	rs1048943	-/-	Low
CYP1A2	rs2069514	-/-	Low
CYP1A2	rs762551	+/-	Low
COMT	rs4680	+/-	Low
CYP1A1	rs2470893	-/-	Low
CYP1A1	rs4646903	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Conjugated Linoleic Acid (CLA)
- Folate
- Curcumin
- Astaxanthin
- Soybean Isoflavone Extract
- Lycopene
- Vitamin B6
- Magnesium
- DIM (3,3'-diindolylmethane)
- Resveratrol
- Rosemary Extract
- Ellagic Acid

DIET

- Green Tea
- Dietary Fiber
- Limit Coffee Intake
- Cruciferous Vegetables

-
- Reduce Intake of Grilled and Well-Done Meat
 - Allium Vegetables
 - Citrus Foods
-

LIFESTYLE

- Avoid 2nd Hand Smoke and/or Quit Smoking
 - Avoid Polychlorinated Biphenyl (PCBs)
 - Limit Xenoestrogens
 - Limit Alcohol
-

FURTHER TESTING

- Hormone Metabolism Urine Tests
 - Estradiol Testing (E2)
-

SAMPLE

Testosterone in Men

Men with similar genetic markers may be at a higher risk for low serum levels of testosterone as well as changes in levels of FSH (Follicle Stimulating Hormone, which can impact sperm production) and SHBG (Sex Hormone Binding Globulin, which binds up testosterone, making it inactive).

Gene	SNP	Variant	Impact
FAM9B	rs5934505	+/+	High
SHBG	rs727428	+/+	High
PDE7B	rs7774640	+/-	Medium
SHBG	rs12150660	-/-	Low
SHBG	rs6258	-/-	Low
FSHB	rs10835638	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Vitamin D3
- Myo-inositol + Selenium
- Ashwagandha

DIET

- Protein Intake
- Healthy Fats
- Adequate Carbohydrate Intake

LIFESTYLE

- Avoid Heavy Metals Tungsten (W) and Cadmium (Cd)
- Adequate Sleep
- Avoid BPAs
- Reduce Stress

EXERCISE

- Aerobic Activity
- Resistance Training
- Interval Training

FURTHER TESTING

- DEXA Scan
- Testosterone Levels
- Fasting Glucose
- Sex Hormone Binding Globulin (SHBG)



Recommendation Detailed Appendix



Appendix 2

Hormone Panel

SAMPLE

October 1, 2019

Demo Client

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Supplements

Recommendation Name	The Details	Linked Traits
Vitamin D3	Supplement with 3,000 IUs of vitamin D3 per day.	DHEA, Estrogen, Testosterone in Men
Ashwagandha	Supplement with 250 - 300 mg of ashwagandha per day.	Cortisol, Testosterone in Men
Curcumin	Supplement with 250 - 2,000 mg of curcumin extract per day.	Estrogen, Estrogen Metabolism
DIM (3,3'-diindolylmethane)	Supplement with 200 - 300 mg of DIM per day.	Estrogen, Estrogen Metabolism
Magnesium	Supplement with 300 - 500 mg of magnesium per day.	Estrogen, Estrogen Metabolism
Omega-3	Supplement with 2 - 5 g of omega-3 fatty acid supplement that contains essential fatty acids DHA and EPA.	Cortisol, Estrogen
Astaxanthin	Supplement with 4 - 12 mg of astaxanthin per day.	Estrogen Metabolism
Conjugated Linoleic Acid (CLA)	Supplement with 2 - 4 g of conjugated linoleic acid (CLA) per day.	Estrogen Metabolism
DHEA	Supplement with 50 - 200 mg of DHEA per day.	DHEA
Ellagic Acid	Supplement with 200 mg of ellagic acid per day.	Estrogen Metabolism
Folate	Supplement with 400 - 800 mcg of methyl-folate per day.	Estrogen Metabolism
Garlic	Supplement with 400 - 1,200 mg of garlic extract per day.	Estrogen
Ginkgo Biloba	Supplement with 120 - 240 mg of Ginkgo biloba per day.	Estrogen
L-Theanine	Supplement with 200 mg of L-theanine per day.	Cortisol
Low Dose Naltrexone Therapy (LDN)	Supplement with a low dose of Naltrexone ranging from 25 - 100 mg per day.	Cortisol
Lycopene	Supplement with 15 mg of lycopene per day.	Estrogen Metabolism
Myo-inositol + Selenium	Supplement with 600 mg - 1 gram of myo-inositol per day.	Testosterone in Men
Prebiotic Fiber	Supplement with 5 - 12 g of oligofructose-enriched inulin per day.	Cortisol
Probiotics	Supplement with a 10 - 50 billion CFU probiotic per day.	Cortisol
Resveratrol	Supplement with 150 - 2,000 mg of resveratrol per day.	Estrogen Metabolism
Rosemary Extract	Supplement with 700 mg per day of rosemary extract in capsule form or 2 - 4 ml of standardized rosemary extract three times daily.	Estrogen Metabolism
Soybean Isoflavone Extract	Supplement with 500 mg of soybean isoflavones per day.	Estrogen Metabolism

Sulforaphane	Supplement with 200 - 400 mg of sulforaphane per day.	DHEA
Thiamine (Vitamin B1)	Supplement with 30 - 100 mg up to 3 times per day.	Cortisol
Vitamin B6	Supplement with 25 - 50 mg of vitamin B6 per day.	Estrogen Metabolism
Vitamin C	Supplement with 500 - 1,000 mg of vitamin C per day.	Cortisol

SAMPLE

Diet

Recommendation Name	The Details	Linked Traits
Cruciferous Vegetables	Add 2 to 5 cups of cruciferous vegetables per day to your diet.	DHEA, Estrogen, Estrogen Metabolism
Magnesium Rich foods	Consume a diet rich in magnesium.	Cortisol, Estrogen
Adequate Carbohydrate Intake	Aim to consume at least 130 g of carbohydrates per day.	Testosterone in Men
Adequate Dietary Fats	Consume a diet consisting of at least 20% of total calories from healthy fats.	DHEA
Allium Vegetables	Aim to include at least 1 serving of allium vegetables, garlic, and leeks, in your daily diet.	Estrogen Metabolism
Antioxidants	Consume a wide variety of antioxidant-rich foods daily, aim for at least 5 servings of brightly colored fruits and vegetables.	Cortisol
Citrus Foods	Aim to include 1 serving of citrus foods to your diet per day.	Estrogen Metabolism
Consume Fatty Fish	Consume 5 to 6 oz of cold-water fatty fish 2 to 3 times per week.	Estrogen
Dark Chocolate (70-99%)	Eat approximately 1 oz of dark chocolate per day.	Cortisol
Dietary Fiber	Increase dietary fiber intake to recommended 25 g for females and 30 g for males.	Estrogen Metabolism
Green Tea	Aim to drink 1 to 3 cups of green tea per day.	Estrogen Metabolism
Healthy Fats	Focus on healthy sources of dietary fats such as polyunsaturated and monounsaturated fats.	Testosterone in Men
Limit Added and Refined Sugars	Limit added and refined sugars to no more than 25 g per day (1 oz of sugar or 8 oz of soda).	Cortisol
Limit Coffee Intake	Drink no more than 3 cups of coffee per day.	Estrogen Metabolism
Plant-Based Diet	Consume a diet that is focused on whole, unprocessed plant-based foods and whole grains.	Estrogen
Potassium Rich Foods	Consume a diet rich in potassium.	Cortisol
Protein Intake	Focus on high quality protein sources.	Testosterone in Men
Reduce Intake of Grilled and Well-Done Meat	Reduce your intake of meat, poultry, and fish cooked at temperatures exceeding 400 degrees F.	Estrogen Metabolism
Riboflavin (B2)	Consume a diet rich in vitamin B2 (riboflavin).	Cortisol
Seaweed	Add 1 to 5 g (0.5 to 3 tsp) of seaweed per day to your diet.	Estrogen
Seed Cycling	Consider adhering to seed cycling or seed rotation as part of your normal eating pattern.	Estrogen
Thiamine (B1)	Consume a diet rich in vitamin B1 (thiamine).	Cortisol

Vitamin B6 Rich Foods	Consume a diet rich in vitamin B6.	Cortisol
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Lifestyle

Recommendation Name	The Details	Linked Traits
Adequate Sleep	Aim for the recommended 7 to 8 hours of sleep each night.	Cortisol, Testosterone in Men
Limit Alcohol	Avoid alcohol or limit alcohol to no more than 1 drink per day for women and 2 drinks per day for men.	Estrogen, Estrogen Metabolism
Avoid 2nd Hand Smoke and/or Quit Smoking	Quit smoking and limit any exposure to second-hand smoke.	Estrogen Metabolism
Avoid BPAs	Avoid exposure to BPAs found in plastic bottles and containers. Try to use glass or stainless steel.	Testosterone in Men
Avoid Heavy Metals Tungsten (W) and Cadmium (Cd)	Avoid exposure to the heavy metals tungsten and cadmium found in older lightbulb filaments, x-ray bulbs, red/yellow/orange color additives and paint pigments, and some plastics.	Testosterone in Men
Avoid Polychlorinated Biphenyl (PCBs)	Avoid Polychlorinated Biphenyl (PCBs) by reducing your intake of contaminated foods such as fish, shellfish, meat, poultry, milk, and dairy products.	Estrogen Metabolism
Avoid Sleep Pattern Disruptions	Aim to get at least 6 to 8 hours of restful sleep per night and limit sleep pattern disruptions.	DHEA
Limit Xenoestrogens	Limit exposure to xenoestrogens, such as those found in pesticides and plastic containers.	Estrogen Metabolism
Reduce Stress	Engage in enjoyable hobbies such as gardening, sports, or other leisure activities to help reduce stress.	Testosterone in Men
Relaxation	Practice deep breathing techniques for relaxation daily such as belly breathing or alternate nostril breathing.	Cortisol

Exercise

Recommendation Name	The Details	Linked Traits
Aerobic Activity	Aim for 20 to 30 minutes of aerobic physical activity most days of the week.	DHEA, Estrogen, Testosterone in Men
Interval Training	Incorporate interval training, including HIIT-style, into your training at least 2 times per week.	Testosterone in Men
Resistance Training	Engage in resistance training that targets all major muscle groups 2 to 3 times per week.	Testosterone in Men

Yoga	Incorporate at least 1 to 2 yoga sessions into your weekly exercise routine.	DHEA
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Further Testing

Recommendation Name	The Details	Linked Traits
Estradiol Testing (E2)	Test estradiol (E2) levels	Estrogen, Estrogen Metabolism
Morning Cortisol Levels	Test serum morning cortisol levels	Cortisol, DHEA
Sex Hormone Binding Globulin (SHBG)	Test levels of sex hormone binding globulin (SHBG)	DHEA, Testosterone in Men
Testosterone Levels	Test for testosterone levels	Estrogen, Testosterone in Men
DEXA Scan	Perform a DEXA Scan	Testosterone in Men
Fasting Glucose	Test fasting glucose levels	Testosterone in Men
Ferritin	Test blood ferritin levels	Cortisol
Follicle Stimulating Hormone (FSH) Levels	Test Follicle Stimulating Hormone (FSH) levels	Estrogen
Hormone Metabolism Urine Tests	Test for urinary hormone metabolites	Estrogen Metabolism