

# Nutrition Connection Balance (NCB)

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[www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com)

Registered and Licensed Dietitian

Medical Exercise Specialist

Registered Pharmacy Technician

Reiki Master

NMD

## Hormone Testing Information & Instructions

**Clinic Dates: 3/11/20 & 9/2/20**

**Adrenals: includes: cortisol X4 and am DHEA- \$325.00**

**OR**

**Female: includes adrenals, pm melatonin, estradiol, estriol, estrone, progesterone and testosterone- \$500.00**

**OR**

**Male: includes adrenals, pm melatonin, estradiol and testosterone-\$450.00**

1. What is hormone testing? A simple and non-evasive, detailed saliva testing that shows adrenals (stress and aging hormones), female or male hormones and pm melatonin which now has enormous research for brain and cognitive health, sleep, metabolism and affects the circadian rhythm that affect aging and disease as well as various symptoms.
2. Here are just some of the conditions and symptoms that could be helped by these three saliva tests:
3. Typical symptoms and conditions that can be helped by saliva testing:

**Long term or acute stress**

**Fatigue**

**Not waking feeling rested**

**Depression**

**Low motivation/apathy**

**Anxiety, round and round thinking**

**Irritable/loss of patience**

**Hot Flashes or temperature changes**

**Low Libido**

**Vaginal Dryness and pain**

**Loss of erections/intensity of orgasms**

**Night awakenings**

**Sleep dysfunction including falling sleep**

**Fogginess, memory loss, word retrieval issues and general cognitive conditions**

**Loss of muscle**

**Bone loss (osteopenia/osteoporosis)**

**Metabolism**

**Candida**

**High blood sugar**

**Low blood pressure**

**Infertility**

**Miscarriages**

**PMS, PMDD and severe mood swings**

4. Go to [www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com), under “education” and watch the “Men & Women’s hormones + Adrenals Glands” clinical lecture by Valerie Sayre to understand more and get many tips about how to stay in hormone and health balance!  
<http://www.nutritionconnectionbalance.com/education/>
5. **Easy instructions: look inside for full exact directions inside your saliva-testing box. Basically collect 4 samples of saliva; 1 upon waking, 1 between noon-1 pm, 1 between 4pm-5pm, and one between 9 pm-midnight (close to your normal bedtime).**
6. If you are on any topical/lotion hormones of any kind, DO NOT use any the entire day before testing at least 24-48 hrs before saliva testing). If you are oral hormones, injections, supplements and herbs take like normal AFTER your first am saliva sample.
7. If you are female and have a regular menstrual cycle: test between days 18-28 (right up to when cycle starts). You can also do the saliva test on any day you feel your worst.
8. At NCB, proper, individualized and clinically proven supplementation are keys of mental health key in addition to exercise/movement, stress reduction, whole food nutrition and foundational nutritional supplementation. The foundation is essential for everyone to stay healthy. You do not feel prevention! Juice Plus, Omega’s, and Vitamin D3 are part of our recommended NUTRITION FOUNDATION for EVERYONE, no matter how they eat.
9. Participants will need to our call office at [847-985-1200](tel:847-985-1200) to provide demographic and payment information to register for the workshop and receive the neurotransmitter testing kit **at least 4-5 weeks or more prior to the workshop date so we can ensure personal results are received.**
10. You must pay the **registration fee for one of the 3 hormone clinics.** This is due when you call the office for the testing kit to be dropped shipped to you. This includes an e-mailed copy of your results and a follow-up recorded lecture with handouts. There are no cancelations or refunds for any reason.
11. The results take approximately ~3-4 weeks for the results to come back.
12. The ZOOM webinar link is available ~30 days after your clinic date and will arrive in your e-mail box the date of the clinic usually between 11 am -5 pm.
13. **Important:** The OTC supplements at Nutrition, Connection, Balance (NCB) are used and brought in through my verification and food science degree. MOST importantly, they have shown clinical effectiveness with thousands of our NCB clients; therefore, if you do have issues with your levels or your body is unresponsive to something, we know that it is not the supplement but that your body needs a different dose or therapy to achieve balance.
14. We STRONGLY advise you to order any recommended over the counter supplements directly from Nutrition Connection Balance/NCB at [847-985-1200](tel:847-985-1200) or e-mail your order to: [ncbteam@nutritionconnectionbalance.com](mailto:ncbteam@nutritionconnectionbalance.com) after the results session for your individualized deficiencies and imbalances.
15. A copy of our “Supplement Guideline” sheet will be included with your e-mailed individual test results. Please read it so you do NOT risk the ingestion of contaminated supplements in the US and **do not order supplements** from Amazon!
16. **Approximately 79% of over the counter (OTC) supplements on the market today do not contain the ingredients that are listed on the label; they are not absorbed effectively by a human or contain HARMFUL and TOXIC contaminants and ingredients you do not want in your body.**
17. If you are interested in Juice Plus+ & Vineyard Blend, JP Omegas, Vitamin D3 or The Complete Shakes please order when you get started on your individualized therapies from NCB or go to [www.valeriesayre.juiceplus.com](http://www.valeriesayre.juiceplus.com) (see my picture and name at top) or [www.jpheroes.com](http://www.jpheroes.com) or under Juice Plus + on [www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com)

18. Please visit our website [www.NutritionConnectionBalance.com](http://www.NutritionConnectionBalance.com) for more information about **NCB's upcoming live and webinar events, life changing medical lectures, clinics and testing services.**