

Nutrition Connection Balance (NCB)

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Registered and Licensed Dietitian

Medical Exercise Specialist

Registered Pharmacy Technician

Reiki Master

IMD

Hormone Testing Information & Instructions

Clinic Dates: 3/24/21 & 9/22/21

Adrenals: includes: cortisol X4 and am DHEA- \$350.00

OR

Female: includes adrenals, pm melatonin, estradiol, estriol, estrone, progesterone and testosterone- \$575.00

OR

Male: includes adrenals, pm melatonin, estradiol and testosterone-\$495.00

1. What is hormone testing? A simple and non-invasive, 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. PLEASE Go to 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 & urine testing boxes. Basically collect 1 sample of saliva upon waking. For the urine (sleep balance profile) follow the instruction to urinate on 4 papers all on the same day: 1 upon waking, 2 hours after 1st saliva sample (then take OTC and normal medications) and before dinner and just before bedtime.**
6. Male or females can take the urine testing any time as long as there is no blood in urine or on a menstrual cycle.
7. If you are on any topical, lotion, patch or spray 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.
8. 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.
9. 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. Please watch “The Right Supplement” updated 2020 lecture under “education”& previous episodes on www.nutritionconnectionbalance.com
10. 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.**
11. 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.
12. The results take approximately ~3-4 weeks for the results to come back.
13. 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.
14. **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.
15. 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 after the results session for your individualized deficiencies and imbalances.

16. 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!
17. **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.**
18. 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: <https://valeriesayre.juiceplus.com/us/en> (see my picture and name at top) or www.jpheroes.com or under Juice Plus + on www.nutritionconnectionbalance.com . Also grow your own greens at home in or outside all year round for safe and daily vegetables!
<https://valeriesayre.towergarden.com> .
19. We care immensely about your family's health and prevention. Please remember to put all recommended testing follow up dates on YOUR calendar to call in time to register for your next clinic.
20. ***There are NO cancellations or moving to another clinic for any reason.***