

Your Guide to Functional Tests That Get to the Root Cause

Testing Mini-Guide: Hormone Health

Why Hormone Testing Matters

Hormonal imbalances often go undetected for years—brushed off as stress, age, or “just part of being a woman.” But if you’re experiencing symptoms like mood swings, stubborn weight gain, fatigue, irregular cycles, or low libido, your hormones could be out of sync.

Rather than guessing, functional hormone testing helps uncover the real reason you’re feeling off. When we identify your body’s unique patterns, we can create a personalised plan that actually works.

What Can Hormone Testing Help With?

- Irregular periods or missing cycles
- PCOS and ovulation concerns
- Perimenopause or menopause symptoms
- Stubborn weight gain, especially around the middle
- Mood swings, anxiety, or irritability
- Fatigue and burnout
- PMS or painful periods
- Poor sleep or “tired but wired” feeling
- Low libido
- Cravings or blood sugar crashes

The Hormone Tests I Use in My Clinic

1. The Complete Hormone Map

A comprehensive at-home test that looks at key female hormones and how your body metabolises them.

It helps uncover:

- Oestrogen, progesterone, and testosterone levels
- Whether your body is detoxing oestrogen efficiently
- Signs of oestrogen dominance or low progesterone
- Imbalances that often drive symptoms of PMS, PCOS or perimenopause

This is for you if:

You're struggling with period problems, mood swings, PCOS, or you feel lost navigating hormonal shifts during perimenopause.

2. The Stress & Sleep Profile

A detailed look at your daily cortisol rhythm to understand how stress may be driving hormonal issues.

It reveals:

- Cortisol levels across the day
- DHEA (linked to energy, ageing and resilience)
- Adrenal function and your body's stress response

This is for you if:

You feel exhausted, wired at night, can't get going in the morning, or know that stress is affecting your hormones, cycles, or energy.

3. Thyroid Function Assessment

A deeper look at your thyroid beyond routine checks.

It explores:

- TSH, Free T4, Free T3 (your active thyroid hormone)
- Thyroid antibodies (to screen for autoimmunity)

This is for you if:

You've been told your thyroid is "normal" but still feel tired, gain weight easily, or experience low mood, cold hands, thinning hair, or brain fog. This test helps assess optimal—not just "normal"—thyroid function.

What Makes This Approach Different?

- Personalised interpretation — No confusing numbers. I'll explain exactly what your results mean for your health.
- Root cause focus — We don't chase symptoms. We address the deeper imbalances affecting your metabolism, hormones, and cycles.
- Support that makes you feel seen — You'll be heard, understood, and supported with a plan that fits your life.

How to Get Started

Not sure which test is right for you?

Book a free discovery call and I'll help guide you through the options based on your symptoms and goals.

Let's stop guessing — and get answers that lead to real results.