

## *Your Guide to Functional Tests That Get to the Root Cause*

### *Hormone & Thyroid Testing Mini-Guide*

#### Why Consider Hormone or Thyroid Testing?

Symptoms like mood swings, period changes, fatigue, weight gain, poor sleep, and low libido are often brushed off as “normal” or “just stress.” But if you know something feels off, it’s time to stop guessing.

Functional testing gives us real data to work with. These insights can help guide a personalised nutrition and lifestyle plan that actually fits *you*—your body, your goals, and your symptoms.

#### When Might Testing Be Helpful?

Functional testing may be helpful if you're experiencing:

- Fatigue, burnout, or poor sleep
- Irregular periods, PMS, or missing cycles
- Perimenopause or menopause symptoms
- Symptoms linked to PCOS
- Stubborn weight gain, especially around the middle
- Mood changes, anxiety, or irritability
- Low libido or motivation
- Cravings or blood sugar dips
- Brain fog, cold hands, or hair thinning
- Suspected thyroid issues but “normal” bloods

#### Hormone & Stress Testing with the DUTCH Test

I use the **DUTCH Complete** or **DUTCH Plus test**, a simple at-home urine and saliva test that gives a detailed picture of your:

- Oestrogen, progesterone, testosterone and how they're being metabolised

- Daily cortisol rhythm (stress hormone pattern)
- DHEA (linked to resilience and vitality)
- Melatonin (your sleep hormone)

**Why DUTCH?** It's one of the most comprehensive ways to explore hormone balance and stress responses—especially for perimenopause, burnout, PCOS, or if you've been told “everything's normal” but you still feel off.

Price: DUTCH complete tests start at £249 (prices may vary).

## Thyroid Testing

I offer the **Thyroid Monitor + Vitamin Profile**, which includes:

- TSH, Free T4, Free T3 – to assess active thyroid hormone levels
- Thyroid antibodies – to explore possible autoimmune involvement
- Vitamin D and B12 – key nutrients for thyroid, energy, and immune support
- hs-CRP and ferritin – markers of inflammation and iron storage

**Why this matters:** Many clients are told their thyroid is “fine” when in fact, levels may be suboptimal for energy, mood, and metabolism. This test gives a more complete view.

Price: £120 (prices may vary).

## Deeper Insight with the Wellness 360 Female Panel

The **Wellness 360 Female Panel** provides a broad, functional overview of your internal health. It's especially useful for:

- Ongoing fatigue, weight gain, or hormonal symptoms
- Suspected nutrient deficiencies or blood sugar imbalances
- Clients preparing for or recovering from burnout, perimenopause, or hormonal shifts

It includes:

- Cortisol and DHEA (adrenal function)
- Oestradiol, progesterone, LH, FSH, testosterone, SHBG
- Thyroid markers and antibodies
- Full blood count, cholesterol, liver and kidney function
- Iron, ferritin, magnesium, B12, folate, vitamin D and more

This panel helps us tailor your nutrition and supplement plan to support your hormones, energy, and overall resilience.

Price: Starts at £249 (prices may vary).

## My Approach


**Clear explanations** – I walk you through what your results *actually* mean for your symptoms and goals.

**Root-cause thinking** – We don't chase symptoms. We look at patterns.

**Tailored support** – Your plan is based on *you*, not a protocol.

## Ready to Stop Guessing?

Book a free 30-minute discovery call, and I'll help you decide which test is right for you and how it fits into a personalised programme.

 *Please note: Functional testing is offered as part of a nutrition and lifestyle programme. I do not diagnose or treat medical conditions. Testing is used to inform personalised recommendations in line with evidence-based nutritional therapy.*