

# Happy Hormones

## FOR LIFE

## Testing FAQ's

If you're suffering from health issues (including fatigue, weight gain, brain fog, anxiety, mood swings, digestive issues, insomnia, headaches, PMS, hot flushes...etc), and you still don't have answers, getting the right tests done can often be the missing link.

### What are the benefits of testing?

#### It's accurate

Even though we're pretty intuitive when it comes to symptoms, we don't like to guess. We like to have the backup of a physical test – because we're not infallible, and we want the absolute best for our clients – so if we know FOR SURE that something isn't where it should be, then we can put a natural protocol in place that laser targets that specific imbalance.

#### It's personal

Every BODY is unique. This is why the 'one size fits all' standard medical approach doesn't work for everyone. What we aim to do is to get to the root cause rather than just manage your symptoms.

Having a programme totally targeted for your own unique imbalances will help you get much quicker and more effective results – after all, that's what we're aiming for!

#### It's motivating

Having test results motivates you to stick to the programme. It's all well and good telling you to make some changes, but seeing it on paper makes it REAL.

#### It's measurable

Testing gives us a baseline so we can measure your progress from beginning to end. That's when we know that our programmes are working and how we are able to keep on improving.

### What makes our programmes unique?

**Our tests** – we use state of the art functional tests that are not available on the NHS or in mainstream medicine to look for the root cause of your symptoms.

#### Here are some of the tests we use regularly;

- **Hormones**; we use the most accurate and sophisticated hormone test in the world today. It's a urine test measuring 4 samples over 24 hours. It gives us a comprehensive look at your sex hormone levels but also their metabolites. This shows a much bigger picture of how hormones are actually behaving, and crucial information about what might be causing your symptoms. We also test adrenal hormones so that we can see how your body is dealing with stress (crucial for your other hormones).
- **Thyroid health**; the Thyroid pathway involves several different thyroid hormones. It's important to test all of the markers that can indicate a potential thyroid weakness or auto-immune condition so that we can address the root cause and not just the

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symptoms. We look at TSH, T4, T3 and thyroid antibodies to identify any weakness in your thyroid health. And we want you to be 'optimal' not just 'normal'.

- **Blood panel;** Our Well Woman comprehensive blood screening panel includes markers that look at Full Blood Count, liver, kidney, heart, Diabetes, inflammation, key nutrients.
- **Gut health;** Our stool test is the most comprehensive and advanced on the market. It utilises cutting-edge technology to provide a true DNA-based assessment of your gut microbiome from a single stool sample. Key markers include bacteria (beneficial and pathogenic), yeast, fungus, parasites, inflammation, enzyme status, immune markers.
- **DNA Genetic Testing** – a comprehensive nutrigenetics test that reports on gene variants in key biological processes that govern health and disease in the following areas; Lipid metabolism (heart health), Methylation, Detoxification, Inflammation and Oxidative stress, Insulin sensitivity, Bone health and Food responsiveness. It helps to identify genetic weaknesses in these pathways and so we can help improve, or mitigate these weaknesses using targeted diet, lifestyle and supplement interventions for better health, longevity, and disease risk mitigation.

**Our specialist knowledge** – these tests are super complex. We have invested time and money into gaining the specialist knowledge and experience to be able to properly interpret these tests and translate them into a personalised programme.

**Our experience** – we have been doing this consistently for over 6 years and have now helped many hundreds of clients all over the world.

**Our personalised approach** – we offer a totally personalised service which is as unique as you are.

**Our mission** – we want every woman to thrive, not just survive. To feel better than they did in their younger years. We strive for OPTIMAL not just NORMAL. So you can live your best life NOW, not later.

### Can my Doctor do these tests?

You can get some blood tests done with your Doctor. Unfortunately resources are limited so you may only get certain hormones looked at, and testing via blood just shows a snapshot of free hormones at that particular moment. Many doctors will tell you that there's no point testing your hormones as they are fluctuating throughout the month. We use urine tests not blood, as we get to see all your sex hormones and your adrenal hormones (plus their metabolites) over a 24 hour period. You also do the test in your luteal phase (if you still have a cycle) which makes it more accurate. Most doctors also don't have access to the state of the art stool tests and DNA testing that is available to private practitioners.

### Why isn't this testing free?

- The state of the art tests we use are not available on the NHS or within most mainstream health providers (excluding some blood tests). They are only available to private practitioners.

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- The Happy Hormones team of practitioners are highly trained and skilful. They have invested heavily in their education and training in nutrition, gut health and hormones. These tests are very complex and need expert interpretation.
- Each programme is bespoke to each individual client. There is no 'cookie cutter' general approach. You get a highly personalised and unique programme so that you get the best outcomes for your body and your health.

### Can you do the test if you're on HRT, the pill or the coil?

If you're on HRT, yes the test is very helpful to check your levels of oestrogen and progesterone, and make sure your HRT is effective.

If you're on the Birth Control Pill or any other contraception involving synthetic hormones, natural ovulation is suppressed so it's not worth testing your sex hormones. If you are planning to come off the pill and want to test your hormones, we recommend you wait for 2-3 natural menstrual cycles before doing the testing.

If you have the Mirena Coil, it doesn't tend to suppress oestrogen like oral birth control, so it's still worth getting tested.

### How much does it cost?

Costs vary according to which tests you need, but prices for our test packages start from £495 and go up to £2000. On our more comprehensive packages, we offer payment plans over 3 months for those wanting to pay in stages.

### Are your programmes covered by health insurance?

No, and that is as frustrating for us as it is for you! In our medical system, it's mostly NHS regulated services that are covered. But this may change, and if you find a company that does cover it, please let us know.

### How does it work?

Our test kits are sent to your home and once you've collected your samples, you just post them to the lab in the return packages. It's very straightforward and we give you full instructions on what to do. For the blood test we arrange a nurse visit or a local blood draw. All our support sessions and consultations are held online or on the phone.

We can ship testing kits to most countries in the world (depending on local laws and customs regulations). Email us if you'd like more information on which countries we can ship to.

### How can I sign up for this?

Testing isn't something you should be buying off the internet! These tests are very complex and need trained specialists to understand and interpret them for you. We need to talk to you first to learn more about you and assess whether we can help you.

**Simply email [support@happyhormonesforlife.com](mailto:support@happyhormonesforlife.com) and we will get an initial call arranged, free of charge.**

# Happy Hormones FOR LIFE

## THE HAPPY HORMONES TEST PACKAGES MIGHT BE FOR YOU IF;

- ✓ You are doing everything right but still not feeling your best
- ✓ You've been told your test results are 'normal', but you still have symptoms
- ✓ You want a personalised programme that's exactly right for you
- ✓ You want to get to the root cause rather than just manage your symptoms
- ✓ You're interested in putting a preventative plan in place to reduce your risk of more serious conditions
- ✓ You are 100% committed to your health and want to feel the best you can
- ✓ You're willing to invest in your health
- ✓ You've tried everything else!

Apply today for a free call

## Client Stories



“Getting tested through Happy Hormones was the best decision I have made in recent years! I was on the floor with fatigue, brain fog, mood swings, nausea, body aches and interrupted sleep. I was also gaining weight at an alarming rate despite no change in diet. Through testing we discovered I had an underlying thyroid issue, and I was able to address it through some diet and lifestyle changes, and along with targeted supplements, I started to feel like me again. I would highly recommend working with Nicki and her team, it was well worth the investment - the change in me was unbelievable!”

Celine Hooper



“I'd say signing up to Happy Hormones testing package was one of the best things I've done. To invest money towards yourself, probably for once in your life, and in doing that it gives you that strength and that resilience to actually move on and do more for others.”

Marion Davis



“I can honestly say that if it wasn't for Happy Hormones, my company 'Actually' would not exist. After a long period of really struggling with my energy and concentration, they were able to pinpoint exactly what was wrong and help me put it right so that I had the energy to get on with my life and work”

Sara Price



“The tests to determine your hormonal state are invaluable. I've known I've had a problem for years but could never prove it until now.”

Jane, Lancashire



“Thank you for my full testing package. It's literally changed my life. Feeling very grateful. Fantastic service. Thank you team. “

Nikki Sammons