

The Adrenal Stress Index Test (ASI)

The **Adrenal Stress Index** test is non-invasive where your saliva samples are used to measure cortisol, DHEA and adrenaline hormones in the body. It also measures your blood sugar handling and allows our doctors to target the specific time your body needs certain supplements or nutritional help. In addition, this saliva test measures an antibody called IgA to help evaluate the toll of stress on your immune system.

The **Adrenal Stress Index** test can explain excessive feelings of tiredness and an inability to cope and reveals both the strength of your immune system and susceptibility to allergic reactions.

Abnormal adrenal rhythm can influence many functions of the body, some of which are listed below.

- Energy Production
- Bone Health
- Immune System Health
- Sleep Quality
- Skin Regeneration
- Thyroid Function
- Muscle and Joint Function

Do you need the Adrenal Stress Test? If you suffer from the following symptoms, consider this test.

- Chronic stress and related health problems
- Lack of vitality and energy
- Muscle and joint pain
- Hypoglycemia (poor blood sugar regulation)
- Migraine headaches
- Osteoporosis
- Sleep disturbances
- Poor memory
- Alcohol intolerance
- Stress maladaptation
- Low sex drive
- Low body temperature

With this convenient in-home test, our doctors can use the findings in this panel to recommend customized treatment and preventive measures that may include diet and lifestyle changes and the intake of nutritional supplements.

*Call our HealthQuest Radio Hotline at 1-800-794-1855
for more information on how you can get this test or schedule an appointment in our office.*