

**Test nr.** 2012 04 20 240 S  
**Patient Name** Peter Olsson  
**Patient nr.**  
**DOB** 09/18/1983 **Sex** Male  
**Received** 04-20-2012 **Tested** 04-25-2012

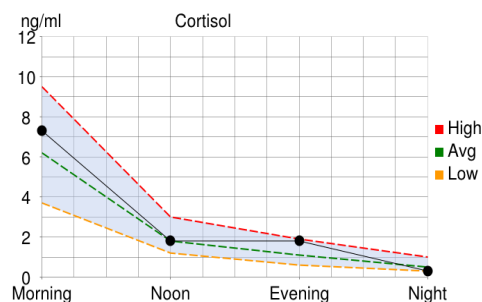
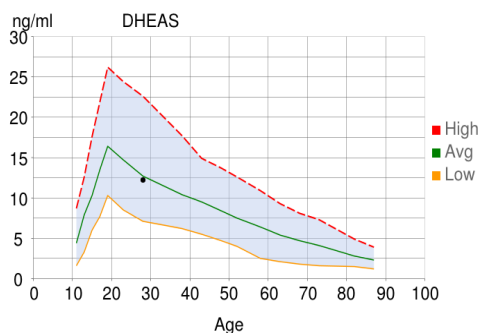
**Collected** 04-11-2012 08:00  
 04-11-2012 11:00  
 04-11-2012 15:00  
 04-11-2012 23:00

**Doctor Name** Anne Catherine Færgemann  
**Practitioner Address** Nordic Clinic,  
 Nygade 6, 3. Sal,  
 1164 København K

Hormone Test	Current 04/11/2012	Units	Range
DHEAS (saliva)	12.2	ng/ml	2-23 (Age Dependent)
Cortisol Morning (saliva)	7.3	ng/ml	3.7-9.5
Cortisol Noon (saliva)	1.8	ng/ml	1.2-3.0
Cortisol Evening (saliva)	1.8	ng/ml	0.6-1.9
Cortisol Night (saliva)	0.3 L	ng/ml	0.4-1.0

### Current Hormone Therapies

04-11-2012 - None Indicated;



*David T. Zava*

David T. Zava, Ph.D.  
 Laboratory Director

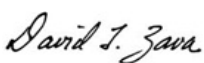
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<b>Patient Name</b>	Peter Olsson		04-11-2012 11:00	<b>Practitioner Address</b>	Nordic Clinic,
<b>Patient nr.</b>			04-11-2012 15:00		Nygade 6, 3. Sal,
<b>DOB</b>	09/18/1983	<b>Sex</b>	Male		1164 København K
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## Lab Comments

DHEAS is within mid-normal expected age range (7-23 ng/ml for age range 12-30). DHEAS is highest during the late teens to early twenties (10-20 ng/ml) and drops steadily with age to the lower end of range by age 70-80.

Salivary cortisol is within normal range throughout the day but drops to a low level at night, indicating low adrenal reserve and adrenal fatigue. This usually is caused by stressors, a cortisol precursor deficiency (pregnenolone and progesterone), and/or nutritional deficiencies (low vitamins C and B5, low protein diet). The most common stressors that can cause adrenal exhaustion include: psychological stress (emotional), sleep deprivation, physical insults (surgery, injury, diseases), chemical exposure (environmental pollutants, excessive medications), and pathogenic infections (bacterial, viral, fungal). Depletion of cortisol by a chronic stressor often leads to symptoms such as fatigue, allergies (immune dysfunction), chemical sensitivity, cold body temp, and sugar craving. Adequate sleep, gentle exercise, naps, meditation, proper diet (adequate protein), natural progesterone, adrenal extracts, herbs, and nutritional supplements (particularly vitamins C and B5) are some of the natural ways to help support adrenal function (consult with a health care provider for proper types and dosing). For additional information about strategies for supporting adrenal health and reducing stress(ors), the following books are worth reading: "Adrenal Fatigue", by James L. Wilson, N.D., D.C., Ph.D.; "The Cortisol Connection", by Shawn Talbott, Ph.D.; "The End of Stress As We Know It" by Bruce McEwen; "Awakening Athena" by Kenna Stephenson, MD.



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