

## The Path To Optimal Health, Ideal Living And Maintaining Youth...



### Conditions and symptoms related to the Women's Health Profile:

- Cancer, particularly estrogen-sensitive
- Diabetes
- Hypertension
- Cardiovascular disease
- Hormonal imbalance
- Infertility
- Premature aging
- Pregnancy complications
- Depression
- Anxiety
- Insomnia

### Understand your risk factors with the Metametrix Women's Health Profile

- Testing can guide your wellness program at any age or stage of life
- Even with some risks being genetic, there are many others that can be modified and overcome with key prevention and intervention
- Optimize your nutrition and decrease inflammation for improved mental and physical well being

### What can the Women's Health Profile do for me?

Understanding your health is necessary for optimal living. As with most disease states, preventative care and the ability to predict what we are at risk for at the earliest stages is ideal. There are many markers in the Women's Health Profile that give early indications of imbalances in your body that cause premature aging and disease. Nutritional correction based on your individual test results helps create balance and promotes youthfulness, energy, mental clarity and general good health, while helping prevent disease state. The path to optimal health becomes clearer and you gain control over your health.

### The Women's Health Profile includes a combination of tests to provide appropriate assessments of risk factors.

- The **Metabolic Syndrome Profile** tests markers related to central obesity, raised blood pressure, dyslipidemia, insulin resistance, weight loss resistance and ADMA\*. **ADMA** (asymmetric dimethylarginine) regulates rates of nitric oxide (NO) formation. Elevated ADMA is a risk factor for renal failure, cardiovascular disease, hypertension, diabetes and pre-eclampsia.
- **Serum Lipid Peroxides** are another cardiovascular marker that monitors the tissue damaging effects of oxidative stress and premature aging.
- The **Organix<sup>SM</sup> Profile** provides a nutritional assessment with valuable insights into the body's ability to process ingested nutrients and guide a custom therapeutic regimen.
- The **Estronex<sup>SM</sup> Profile** measures two forms of estrogen: 2-OHE1 ("good" estrogen) and 16- $\alpha$ -OHE1 ("bad" estrogen). The ratio of "good to bad estrogen" can be determined and studies have shown, the higher this ratio, the lower your risk for breast cancer and other estrogen-sensitive cancers.
- **Omega-3 and Omega-6 Fatty Acids** determine the inflammatory balance in your body and are important for cardiovascular, immune, skin, hair, mental health and fetal health and development.

\*ADMA not reported in New York

## PATIENT INFORMATION SHEET