

# Nutrition Connection Balance (NCB)

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## Hormone Testing Information & Instructions

**2023: 9/13/23**

**2024 Dates: 4/10/24 & 9/18/24 (prices will change)**

**Adrenal only testing include cortisol X4 and am DHEA by saliva: \$360.00**

**OR**

**Female includes: AM cortisol, DHEA, estradiol, estriol, estrone, progesterone and testosterone by saliva AND 4 free cortisone, 4 free cortisol, 4 melatonin and 4 creatinine levels by urine \$585.00**

**OR**

**Male includes: AM cortisol, DHEA, estradiol, progesterone and testosterone by saliva AND 4 free cortisone, 4 free cortisol, 4 melatonin and 4 creatinine levels by urine \$505.00**

1. What is hormone testing? A simple and non-evasive, detailed saliva testing that shows adrenals (stress and aging hormones), female or male hormones and pm melatonin which now has enormous research for brain and cognitive health, sleep, metabolism and affects the circadian rhythm that affect aging and disease as well as various symptoms.
2. Typical symptoms and conditions that can be helped by saliva testing:
  - Long term or acute stress**
  - Fatigue**
  - Not waking feeling rested**
  - Depression**
  - Low motivation/apathy**
  - Anxiety, round and round thinking**
  - Irritable/loss of patience**
  - Hot Flashes or temperature changes**
  - Low Libido**
  - Vaginal Dryness and pain**
  - Loss of erections/intensity of orgasms**

**Night awakenings**  
**Sleep dysfunction including falling sleep**  
**Fogginess, memory loss, word retrieval issues and general cognitive conditions**  
**Loss of muscle**  
**Bone loss (osteopenia/osteoporosis)**  
**Metabolism**  
**Candida**  
**High blood sugar**  
**Low blood pressure**  
**Infertility**  
**Miscarriages**  
**PMS, PMDD and severe mood swings**

3. PLEASE Go to [www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com), under “education” and watch the “Men & Women’s hormones + Adrenals Glands” clinical lecture by Valerie Sayre to understand more and get many tips about how to stay in hormone and health balance! <http://www.nutritionconnectionbalance.com/education/>
4. Participants will need to call our office @ 850-227-7931 or e-mail NCB: [ncbteam@nutritionconnectionbalance.com](mailto:ncbteam@nutritionconnectionbalance.com) to provide demographic information and credit card information to register for the workshop and receive the testing kit ***at least 5-6 weeks or more before the workshop date so their personal results will be back in time for the clinic date***
5. You will receive an email with handouts, a recorded webinar from NCB clinician and your individual results and goals between 11 am – 5 pm on the testing clinic date or sooner.
6. The **\$360.00, \$585.00 OR \$505.00 registration fee** is due when you call the office for the kit or pay on our website. This includes a copy of your results by e-mail and an information sheet, a therapy handout and recorded group webinar recording that is good for 30 days from the clinic date.
7. **Easy instructions (look inside saliva & urine testing boxes for full exact directions):**
  - a. **For saliva: Upon waking spit into tube to with Saliva**
  - b. **For urine (sleep balance profile) collect 4 urine strip samples: upon waking, 2 hours after waking, before dinner and before bed. *Do not eat or take supplements until after the 2<sup>nd</sup> urine sample is collected. Do not drink more than 8oz of water the hour before each urine collection. Samples must be fully dry when packaged to ship.***

8. Patients can take the urine testing any time as long as there is no blood in urine/ not menstruating.
9. If you are female and have a regular menstrual cycle: test SALIVA between days 18-28 (right up to when cycle starts). For irregular cycle: test any day you are not bleeding. You can also do the saliva test on ANY day you feel your worst.
10. **If you are on any chewable melatonin, topical, lotion, patch or spray hormones of any kind, DO NOT use any the entire day before testing at least 24-48 hrs before saliva testing). If you are oral hormones, injections, supplements and herbs take like normal AFTER your AM saliva sample.**

***It's takes approximately 3-4 weeks or MORE for the results to come back due to mail unreliability! Be sure the lab receives your samples no later than 5-6 weeks before your clinic date!***

**There are no cancellations or refunds for any reason, and you can NOT move to another testing clinic or send in an old kit. Purchasing a kit for this clinic means it must be sent in for this clinic.**

11. **Important:** The therapies (supplements, foods and powders) at Nutrition, Connection, Balance (NCB) are used and brought in through my verification and food science degree. MOST importantly, they have shown clinical effectiveness with thousands of our NCB clients; therefore, if you do have issues with your levels or your body is unresponsive to something, we know that it is not the supplement but that your body needs a different dose or therapy to achieve balance. We STRONGLY advise you to order any recommended over the counter supplements directly from Nutrition Connection Balance/NCB at [850-227-7931](tel:850-227-7931) or e-mail your order [ncbteam@nutritionconnectionbalance.com](mailto:ncbteam@nutritionconnectionbalance.com) after the results session for your individualized deficiencies and imbalances. A NEW updated of "Supplement Guideline" sheet has been included with your e-mailed individual test results. Please review the handout and the recorded lecture on [www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com) under "education" about "The Right Supplements".
12. If you are interested in Juice Plus+ (fruits, vegetables, berries and/or omegas), Complete or Perform shakes, and Tower Garden, please call or email NCB.
13. Please visit our website [www.NutritionConnectionBalance.com](http://www.NutritionConnectionBalance.com) for more information about **NCB, upcoming events and clinics and testing services.** **Under "education" there are many medical valuable presentations on many health topics!**