

# Diagnos-Techs, Inc.

Clinical & Research Laboratory  
 19110 66th Ave S. Bldg. G, Kent WA 98023  
 Tel: (425) 251-0596  
 CLIA License # 50D0630141

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NUTRITIONALLY YOURS  
 ALANE PALMER, CNC  
 890-F ATLANTA ST #253  
  
 ROSWELL GA 30075  
 USA Tel: 678-372-2913 Fax: 1-866-593-1611

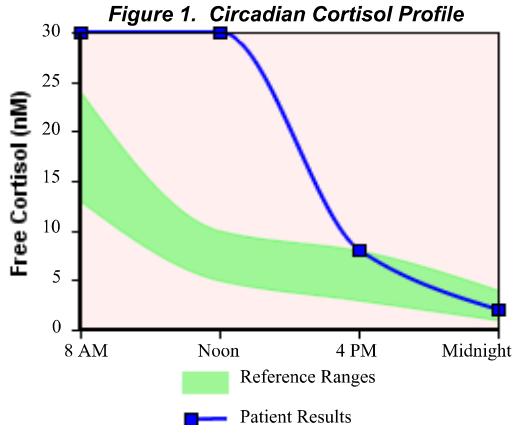


Test	Description	Result	Ref Values
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**NLASI Custom ASI - Saliva**

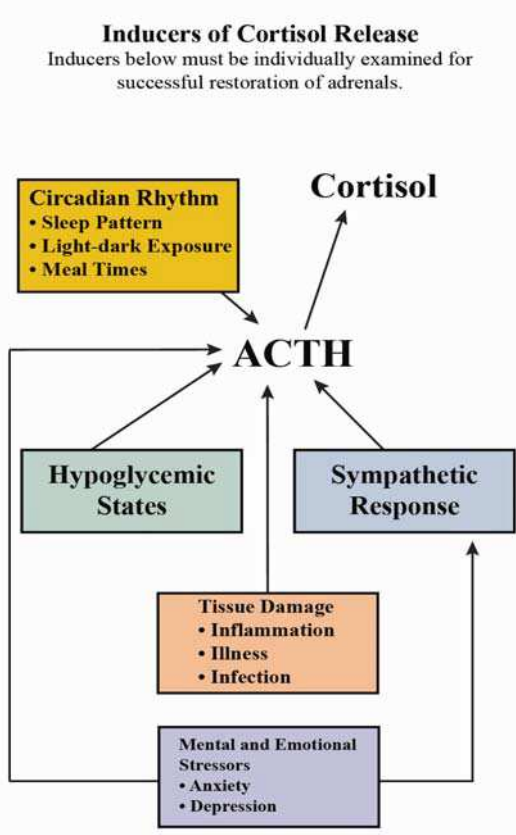
TAP	Free Cortisol Rhythm - Saliva		Adults (M/F):
	06:00 - 08:00 AM	56 Elevated	13-24 nM
	11:00 - 1:00 PM	37 Elevated	5-10 nM
	04:00 - 05:00 PM	8 Normal	3-8 nM
	10:00 - Midnight	2 Normal	1-4 nM
	<b>Total Cortisol Output:</b>	<b>103</b>	<b>22 - 46 nM</b>

The Total Cortisol Output is the sum of the four cortisol values. Elevated values may indicate hypercortisolism or exogenous exposure, and low values suggest adrenal hypofunction.



**Figure 2.**  
 The cortisol inducers fall into five broad categories shown in the adjacent flowchart. For optimization of the hypothalamic-pituitary-adrenal (HPA) axis, all cortisol inducers should be examined and addressed.

**Remarks:** An elevated morning/night cortisol value may be associated with insomnia, and may be the result of a stress response to an emotional or mental situation, nocturnal hypoglycemia, or chronic pain/inflammation.



**Figure 2.**  
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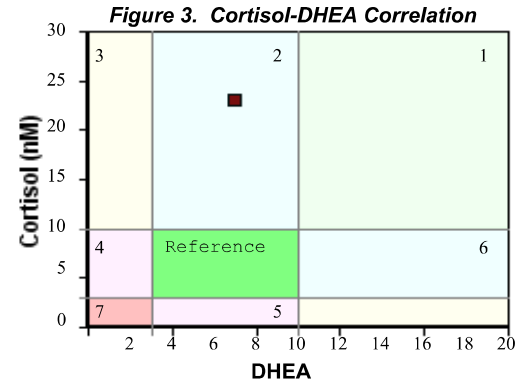
<b>DHEA</b>	<b>Dehydroepiandrosterone Free</b> Single Collection	<b>[DHEA + DHEA-S]</b> 7 Normal	Adults (M/F): 3-10 ng/ml
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**Figure 3 shows your cortisol-DHEA correlation was in:**



**Zone 2: High cortisol, declining DHEA**

Zone 2 represents the transition between an acute stress response and a prolonged stress response, characterized by increased cortisol but normal DHEA/DHEA-S output. The absence of DHEA elevation suggests falling levels of its steroid precursor (pregnenolone) paired with preferential production of cortisol, a phenomenon that may begin in the early stages of prolonged stress. Over time, individuals typically experience an ongoing decline in DHEA/DHEA-S and eventual decline in cortisol production.



**CORTISOL-DHEA CORRELATION SPECTRUM**

1. Acute stress response: high cort, DHEA
- 2. High cortisol, declining DHEA**
3. High cortisol, low DHEA
4. Low DHEA, declining cortisol
5. Low cortisol, transient DHEA recovery
6. Transient DHEA elevation
7. Adrenal hypofunction: low cort, DHEA

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For additional resources, including examples of treatment protocols, please logon to our website at [www.diagnostechs.com](http://www.diagnostechs.com) and go to Client Resources -> Download Forms -> Example Treatment Protocols

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COURTESY INTERPRETATION of test and technical support are available upon request, to Physicians Only