

## CRITICAL NECESSITY TO MAINTAIN HORMONE BLOOD LEVELS

Some specific hormones are essential to find relief and recovery from IPS. Why?

- #1. Opioid potency and effectiveness may decline and almost become useless if certain hormone blood levels drop below normal
- #2. Healing and repair of damaged tissue and suppression of inflammation simply can't happen if some hormones are too low.

### CRITICAL HORMONES FOR TESTING

- Cortisol
- Pregnenolone
- DHEA
- Testosterone

Optional: Progesterone and estradiol

### WHY DO HORMONES DROP

- √ Constant pain overstresses the body's hormone production system
- √ Opioids, benzodiazepines, and some other common pain-relieving drugs suppress hormone production.

### HOW OFTEN TO TEST

Every 4 to 6 months

### SYMPTOMS OF A LOW HORMONE LEVEL

- Poor pain control
- Loss of opioid effectiveness
- Insomnia
- Fatigues-weakness
- Memory decline
- Depression

### WHAT IF MY DOCTOR WON'T ORDER A HORMONE TEST?

You don't need a doctor's order. One good source of laboratory testing is Life-Extension.  
Contact: Life Extension: Phone- 1-800-678-8989,  
Website: <https://www.lifeextension.com/lab-testing>

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