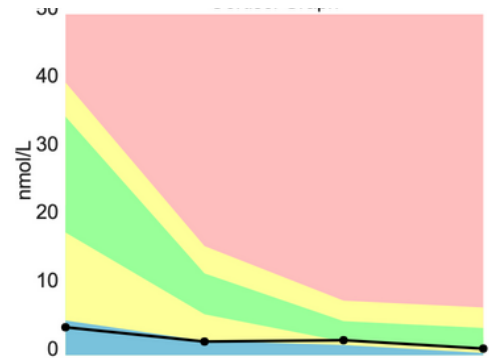


CORTISOL RHYTHM TESTING

Cortisol Rhythm Testing includes 4 cortisol levels collected over the course of the day. The test is usually performed via saliva samples. Each reading throughout the day can be compared to an optimum range to see whether it is optimal, or higher or lower than optimal.



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Cortisol levels should be at their highest level 30 minutes after waking up in the morning, decreasing gradually over the course of the day and reaching their lowest point at bedtime. The resulting curve or pattern allows practitioners to pinpoint issues with cortisol levels, which can lead to imbalanced blood sugar, the release of insulin and therefore, IGF-1, which can stimulate the mTOR Pathway and lead to acne."

If you decide to take a 24-hour cortisol rhythm test, it is always advised to receive feedback from a trained professional for guidance. If you are based in the UK, you can contact me for details on how to purchase a test kit and/or feedback on a test result.



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