

GANZIMMUN AG - Hans-Böckler-Straße 109 - 55128 Mainz

Prolmmun Analize  
 Diagnostik-Zentrum Zagreb










Haulikova 1  
 HR-10000 Zagreb

**Laboratory report**

Final Report, page 1 of 2



Sample Material: saliva

| Test   | Result             | Initial Result   | Norm         |
|--|--------------------|--|--------------|
| <b>endocrinology</b>                           |                    |  |              |
| DHEA (saliva) after getting up                 | 167 pg/ml          |  |              |
| DHEA (saliva) after twelve ours                | 10 pg/ml           |  |              |
| cortisol (saliva) after getting up             | 3541 pg/ml         |  | 1850 - 14570 |
| cortisol (saliva) two hours later              | 2154 pg/ml         |  | 1300 - 10290 |
| cortisol (saliva) five hours later             | 2244 pg/ml         |  | 760 - 5690   |
| cortisol (saliva) eight hours later            | 2023 pg/ml         |  | 650 - 4380   |
| cortisol (saliva) twelve hours later           | 1286 pg/ml         |  | 330 - 3330   |
| <b>cortisol/DHEA ratio (after getting up)</b>  | <b>21,2 Ratio</b>  |  |              |
| <b>cortisol/DHEA ratio (after twelve ours)</b> | <b>124,1 Ratio</b> |  |              |

**Overall assessment**

**overview endocrinology:**

- Above all renal fatigue

**endocrinology - interpretation of findings**

**DHEA (saliva)**

The **DHEA level is in a normal range**. This steroid hormone is mainly produced in the adrenal cortex. As of the age of 25, the DHEA level decreases by approx. 2% per year. The hormone DHEA is especially important for a sufficient stress tolerance and optimised regulation of the metabolism.

**Effects of DHEA on the metabolism**



**Adrenal cortex hormones (saliva)**

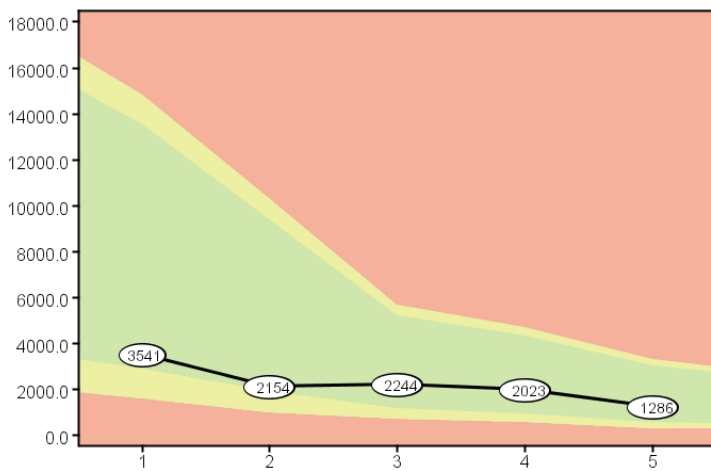
The determination of the adrenal cortex hormones in saliva in the lab allows measurement of the free, bioavailable hormones.

- Reduction of fatty tissue
- Regulation of bodyweight
- Increased lipolysis
- Improved immune defence
- Optimised metabolism regulation
- Higher stress tolerance
- Prevention of cardiovascular diseases
- Prohormone for additional sex hormones
- Cortisol antagonist

## Cortisol (saliva)

The missing or **weak morning peak** denotes a **disturbed, non-physiological cortisol day rhythm**. This often correlates with a low drive and performance level in the morning. Altogether, the diagnosis shows a **sufficient cortisol synthesis of the renal cortex**.

### Intraday cortisol:



### Metabolic effects of cortisol

- Inhibition of inflammation processes
- Stabilisation of the blood sugar level during hunger periods (e.g. fasting)
- Suppression of immunological processes (e.g. autoimmune processes)

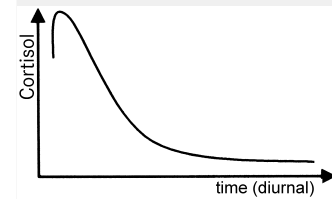
Many thanks for your investigatory assignment.

medically validated for Ganzimmun Diagnostics AG



### Indications for a normal, physiological progression of the cortisol level

- ▶ "Morning peak" (high value)
- ▶ Decrease of the values in the course of the day



The steroid hormone cortisol plays a key role for the body's hormonal stress tolerance.



In order to achieve a stabilisation of the renal gland function, stress factors must be identified and remedied. A "lifestyle correction" is inevitable in many cases.

All parameters marked with an \* are tested at our accredited laboratory partners.

\*\* study not accredited

**Test, Dieter**

geb. 04.06.1963

Barcode 41639744

Labornummer 1311290154

Probenabnahme am 29.11.2013

Probeneingang am 29.11.2013 08:25

Ausgang am 02.12.2013

## Therapy recommendations

The given therapy recommendations are generally an assortment of different types of therapies and applications that have proved oneself in particular with view to the constellation of clinical findings. Which preparations and types of therapies respectively are to be applied and, when indicated, are combined is up to the therapists' discretion. The therapists' responsibility for necessary therapeutic measure as well as criteria for exclusion and contraindications in individual cases is not replaced thereby. For further inquiry we gladly are at the practises command.

**Directions for use** of the preparations:

**bb** - before breakfast

**b** - breakfast

**m** - morning

**l** - lunch

**a** - afternoon

**d** - dinner

**n** - night (before going to sleep)

**Dietary recommendations:** You can find detailed advice for an optimum diet in case of increased requirement of micronutrients at our homepage [www.ganzimmun.de](http://www.ganzimmun.de) (Service, Downloadcenter, "Mikronährstoffe").



### Orthomolecular therapy

#### Pharmacy

| Supplement | Dose       | Preparation | bb | b | m | l | a   | d | n |
|------------|------------|-------------|----|---|---|---|-----|---|---|
| Vitamin B5 | 100 mg     |             |    |   |   |   |     |   |   |
| Vitamin C  | 200-500 mg |             |    |   |   |   | (1) |   | 1 |



### Phytotherapy

#### Pharmacy

| Preparation                | bb | b | m | l | a | d | n |
|----------------------------|----|---|---|---|---|---|---|
| Eleutherococcus senticosus |    |   |   |   |   |   |   |
|                            |    |   |   |   |   |   |   |
|                            |    |   |   |   |   |   |   |
|                            |    |   |   |   |   |   |   |



### Measures for stress management

A certain amount of stress makes our lives **interesting and exciting** but permanent, chronic stress damages our health. Stress is like a threat signal for our body. The synthesis of hormones is elevated, blood pressure rises and our attention does too. With these measures we can handle stress situations. Chronic stress in the daily routine however has a contrary and beneath others, immune suppressive impact which may lead to an increased danger of infections. Because every person reacts differently on stress you must find out which situations cause stress in your live and learn how to manage them.

#### Dealing with the every day stress

- Planning of relaxing phases
- Wise rotation of agreeable activity and more calm exercise
- Fight stress with physical activity
- Learn to say "No!" (delegate duties)
- Learn relaxing techniques
- Give yourself reasonable goals
- Build weekly and monthly schedules (plan plenty of time reserves)
- Diversified arrangement of your work
- Mind your biological rhythm (more effectiveness before noon)
- Healthy sleep for regeneration (deep sleep phases before midnight)

Athleticism decomposes the bodys stresshormones and strenghtenes the immune system. Beyond that even 30 minutes of fast walking a day have a positive effect on fat burning.

#### **Physical activity even in daily routine**

- Walk the stairs (instead of using the elevator)
- Ride your bike to work
- Short distances should be walked, not driven.



#### **Find the sport thats suitable for you**

Some sports stress the joints very much by jumping or fast starting and stopping. These are especially ball sports or jogging. But there are alternatives that allow slow and regular movement e.g. swimming, (nordic-) walking or bicycling.