

Weight Management

Insulin

Description: Measures fasting insulin levels to evaluate how effectively the body regulates blood sugar.

Why it's important: Elevated insulin levels may indicate insulin resistance, a common cause of weight gain and difficulty losing weight. High insulin promotes fat storage, increases cravings, and makes it harder for the body to burn fat efficiently. Identifying insulin resistance early can help guide nutrition and lifestyle changes to support healthy weight management.

Ferritin

Description: Measures ferritin, the body's primary iron storage protein, to evaluate iron reserves.

Why it's important: Low ferritin levels can contribute to fatigue, reduced exercise tolerance, poor endurance, and a slower metabolism, making it more difficult to stay active and maintain a healthy weight. Adequate iron stores support energy production, oxygen transport, and overall metabolic function.

Total Cortisol

Description: Measures cortisol levels in the blood to evaluate adrenal function and the body's response to stress.

Why it's important: Cortisol is the body's primary stress hormone. Chronically elevated cortisol levels have been associated with increased abdominal fat, muscle loss, increased appetite, sugar cravings, poor sleep, and difficulty losing weight. Measuring cortisol helps identify whether stress may be contributing to weight management challenges.

Free T3 (Triiodothyronine)

Description: Measures the active thyroid hormone that directly regulates metabolism and energy production.

Why it's important: Free T3 is the hormone that tells your cells how much energy to produce. Low levels may slow metabolism and contribute to fatigue, weight gain, cold intolerance, constipation, and difficulty losing weight. Measuring Free T3 provides valuable insight into how efficiently your body is burning calories.

Free T4 (Thyroxine)

Description: Measures the primary hormone produced by the thyroid gland, which is converted into the active hormone Free T3.

Why it's important: Free T4 helps regulate metabolism, energy production, and overall thyroid function. Abnormal levels may contribute to unexplained weight changes, fatigue, sluggish metabolism, and decreased energy. Measuring Free T4 alongside Free T3 provides a more complete assessment of thyroid health and its impact on weight management.



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