

women
wise

1

YOUR
RESULTS



YOUR RESULTS REPORT

Jane Doe, WW-000

01 Sep 2023

1.
AN INTRODUCTION TO YOUR REPORT

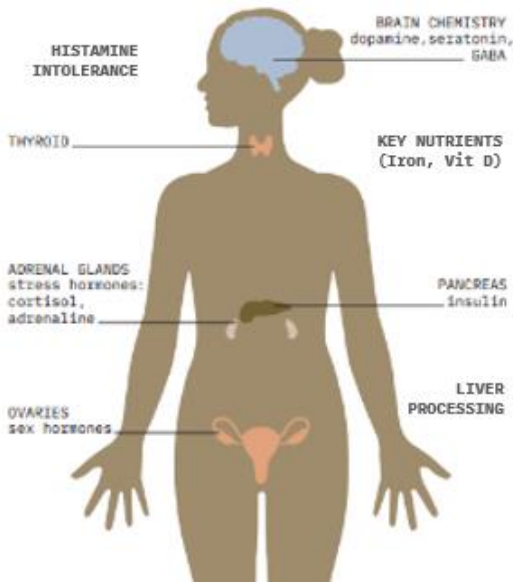
2.
ABOUT YOU

3.
UNDERSTANDING YOUR MID-LIFE BODY

4.
YOUR SUMMARIES

1. AN INTRODUCTION TO YOUR REPORT

Your WomenWise Report contains the information you need to support your mid-life body.



We've analysed the key elements of your midlife health to understand why you're experiencing symptoms.

Sex hormone levels are a key part of the puzzle but it's also about imbalances in your insulin sensitivity, thyroid hormones, iron levels, adrenal function, brain chemistry, histamine tolerance and your diet.

We walk you through our findings and explain how any imbalances (eg an underactive thyroid, sluggish cortisol pattern or low iron) could be contributing to how you are looking and feeling.

We explain some possible reasons why you may have these imbalances and recommendations to help bring them back into balance.

1 - YOUR RESULTS

This report summarises your results and is based on a combination of your blood, urine and DNA results, your symptoms and your lifestyle choices.

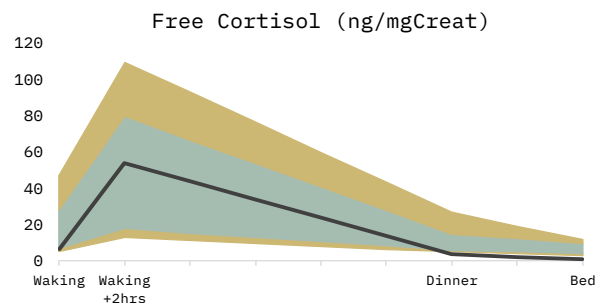
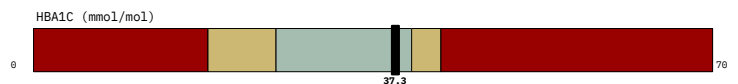
YOUR METABOLIC HEALTH (Energy production and fat storage), STRESS RESILIENCE AND NUTRIENT STATUS:

We use traffic light colours to demonstrate your results.

Green is optimal and where you will feel your best.

Amber is within the medical range but with scope for improvement.

Red or beyond amber is out of medical range and will require discussion with your doctor.



YOUR SEX HORMONES:

In line with NICE (National Institute of Health & Care Excellence) guidelines we assess your oestrogen, progesterone and testosterone levels based on symptoms.

We use **green** to show 'OK' and **amber** indicates they are low.



YOUR BRAIN CHEMISTRY:

Your brain chemistry affects your mood, anxiety, sleep, motivation and cravings. We assess this based on a combination of your genetics and symptoms.

Indicative dopamine levels



Your genes determine the rate at which your enzymes produce these chemicals. Faster is not always better so we use the same traffic light system to indicate their impact - green is optimal through to red being less effective.

COMT (Dopamine)



2 - YOUR ACTION PLAN

In your action plan, we take the insights from your results and make them tangible to help you feel your best. What to eat, a personalised supplement plan, your best exercise approach, how to build your stress resilience and more. If you would like a deep dive into any particular area, you'll find additional resources via your online account.



What's exciting is that these changes work synergistically so the changes you make can have a multitude of benefits. For example, supporting your thyroid function will not only help with weight gain and thinning hair but will also promote a more balanced cortisol pattern which in turn helps with mood and quality of sleep.

3 - YOUR OESTROGEN CLEARANCE

We analyse your genetic potential to produce the enzymes that clear oestrogen effectively.

CYP1B1



We then recommend lifestyle changes and targeted supplements that may maximise enzyme function and therefore lower the risks associated with impaired oestrogen clearance.

Your bespoke Report has been developed by our nutritional therapist and expert team and reviewed by our doctors. Insights and recommendations are evidence backed; scientific references can be found via your online account.

Your Report has been clinically reviewed by Dr Alice McGee:



Dr Alice McGee
02/09/23

2. ABOUT YOU

YOUR HEALTH

Age: 52

Employment: Employed

Height: 163 cm

Weight: 65 Kg

BMI: 24.5

Waist: 90 cm

Blood Pressure: 117/76

Medical conditions: In the past: Heavy uterine bleeding (needing treatment), hayfever.

Medications: Oxytech for constipation 5 years

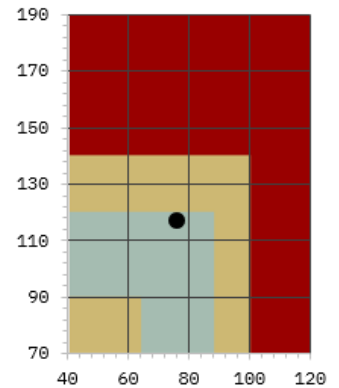
Relevant family health history: Other cancer

Regular use of OTC medications: n/a

Supplements: Magnesium, curcumin and ginger for body aches and joints (3 years).

Contraception: Don't use birth control / use rhythm method.

Your blood pressure:



YOUR LIFESTYLE

NUTRITION

- Pescetarian
- 2 portions protein / day
- 1-2 units caffeine / day
- Normally stay hydrated.

STRESS

- Some overwhelm with moments of relief
- Had a big life change in last 2 years
- Manage stress with meditation, breathwork, yoga and exercise.

ALCOHOL

- 0-5 units alcohol / week

ACTIVITY

- Very active
- More than 6 hours exercise / week
- LISS
- Sometimes Tai Chi or Restorative Yoga, HIIT.

SLEEP

- 5 - 6 hours / night
- Poor sleep 2 nights a week
- Sometimes wake feeling refreshed
- Some tendency to snore.

SMOKING / VAPING

- Non-smoker, but used to smoke

YOUR PERIMENOPAUSE / MENOPAUSE SYMPTOMS

You have been experiencing symptoms for 2-3 years.

Menstrual cycle status: No cycle

Your key symptoms:

Hot flushes / night sweats

Weight gain / body shape change

Sore joints

Fatigue

Cravings

YOUR PERIMENOPAUSE / MENOPAUSE TREATMENTS

To date you have tried supplements, exercising, change in diet, stress management techniques and alternative therapies.

HRT detail: You are not using HRT but are interested to find out more.

3.

UNDERSTANDING YOUR MID-LIFE BODY

The following summary is based on indications from your test results and symptoms:

METABOLIC HEALTH

INSULIN SENSITIVITY	You are showing signs and symptoms of impaired insulin resistance.
ADRENAL FUNCTION	Your cortisol levels are well balanced.
THYROID FUNCTION	Your thyroid function is below optimal.

SEX HORMONE LEVELS

OESTROGEN	Your oestrogen levels are low.
PROGESTERONE	Your progesterone levels are well balanced.
TESTOSTERONE	Your testosterone levels are low.

MOOD & MOTIVATION

SEROTONIN	Your serotonin levels are low.
DOPAMINE	Your dopamine levels are low.
GABA	Your GABA levels are low.
ADRENALINE	Your adrenaline levels are well balanced.

NUTRIENT STATUS

IRON	Your iron levels are sub-optimal.
VITAMIN D	Your vitamin D levels are optimal.

IMMUNE SYSTEM

AUTOIMMUNE	You do not have an autoimmune condition.
HISTAMINE	Your histamine levels are well balanced.

LIVER PROCESSING CAPABILITY

Alcohol	Genetically your ability to process alcohol is fast.
Caffeine	Overall, your genetic ability to process caffeine is moderate.

METABOLIC HEALTH

YOUR INSULIN SENSITIVITY EVALUATION

Insulin is a hormone which works to keep our blood sugar in balance. When we eat carbohydrates (anything from cake to fruit and rice), when we exercise and when we're stressed, glucose enters our blood. Insulin works to 'unlock' the cell doors to enable that glucose to be used for fuel.

It's important to stay sensitive to insulin or it is less able to do its job. When we are resistant to insulin, we can experience:

Weight gain

Glucose that you get from your food is more likely to be stored as fat.

Fatigue

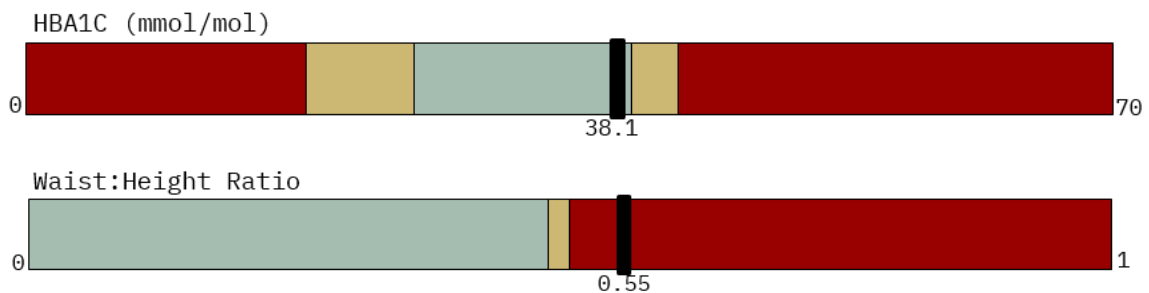
Your cells such as brain and muscle cells do not receive the fuel they need to produce energy leaving you fatigued.

Cravings

When your cells are unable to produce enough energy, you experience cravings for sweet or carbohydrate rich foods.

YOUR RESULTS

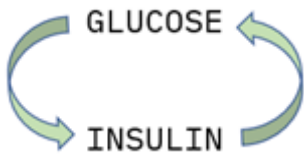
To assess your insulin sensitivity, we consider a combination of HbA1c (a measure of your average blood glucose level over the last 3 months), your waist to height ratio (to assess weight gain around your waist) and your symptoms.



Your HbA1c levels are just within optimal range which means you do not have diabetes. However, your waist to height measurement is more than 0.5 and you have symptoms of impaired insulin sensitivity such as weight gain, difficulty losing weight, fatigue, anxiety and irritability.

UNDERSTANDING YOUR RESULTS

Insulin is a hormone responsible for allowing sugar (glucose) to move from your bloodstream into your cells. This glucose is used as fuel to supply energy. The glucose in your blood stream comes from carbohydrates in your food, (e.g. fruit, bread, rice or cake) or your body can make its own glucose to help you exercise, when you haven't eaten for a while or when you are stressed.

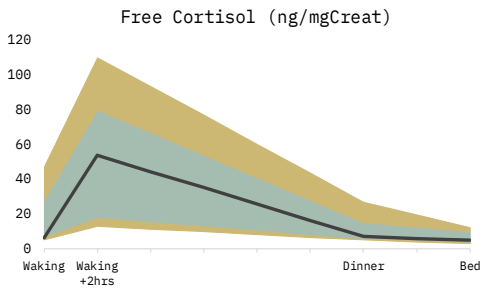


In someone who is lean and insulin sensitive, glucose enters their cells rapidly, using only small amounts of insulin to 'unlock' the cell doors. They feel energised and satisfied as a result.

In the early stages of insulin resistance, glucose cannot enter your cells rapidly because they have become resistant (deafened) to insulin's signal. To protect you from the dangers of high blood glucose, this glucose is swept from the bloodstream into your fat.

If this process continues over years, your fat cells may become unable to store the excess glucose in your fat. This results in persistently high blood sugar and diabetes.

YOUR ADRENAL EVALUATION



Your adrenal glands produce cortisol, often associated with stress but important for many functions.

Ideally, cortisol levels should rise sharply up in the morning to wake you up and drop down through the day to allow you to sleep restfully.

The amount of cortisol you need is 'just enough' - not too much, not too little. This is shown in the green band in the graph.

The adrenal glands are important for:

Weight

Imbalanced cortisol can lead to weight gain, or unwanted weight loss.

Stress & energy

Imbalanced cortisol can impact your mood and your ability to handle stress.

Sleep

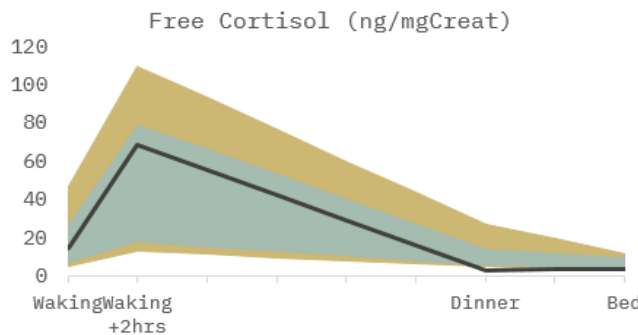
Imbalanced cortisol can affect the quality and quantity of your sleep.

Immunity

Imbalanced cortisol can reduce your ability to fight infection and lower inflammation.

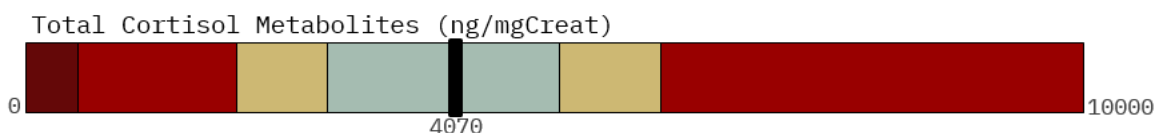
YOUR RESULTS

Via your urine sample, we looked at your free cortisol levels through the day.



Your free cortisol follows the optimal pattern rising in the morning and dropping down over the day. It does, however, drop down very low in the evening - symptoms could include worsening fatigue at this time.

Once cortisol has played its role it needs to be metabolised and cleared from the body.



Your cortisol metabolites are within the optimal range.

Overall, supporting your cortisol pattern in the evening will help restore your vitality.

YOUR THYROID EVALUATION

Your thyroid, and the hormones it produces, is the master controller of your metabolic rate. It's important for:

Energy

Energy levels are dependent on optimal thyroid levels. A drop in thyroid hormones can cause fatigue and lethargy.

Ideal body weight

Optimal levels of thyroid hormone keep your weight in check. If hormones drop you may experience weight gain.

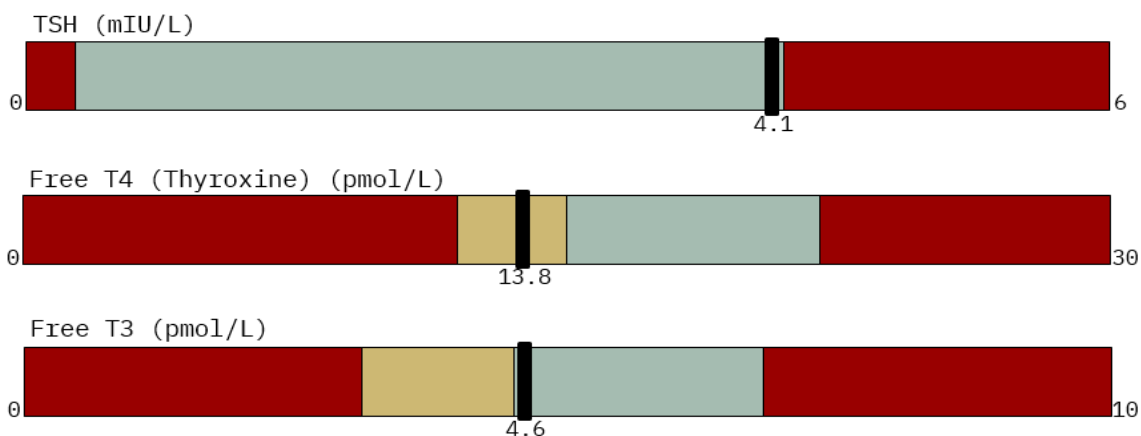
Body temperature

Body temperature is set by the thyroid, if your thyroid function is not optimal you may experience low or high body temperatures.

Slow thyroid function can mimic menopause symptoms and can be easily missed which is why we look at your thyroid function in detail.

YOUR RESULTS

We assess how well your brain is communicating with your thyroid (TSH or Thyroid stimulating hormone) and how much of the less active (T4 or free thyroxine) and more active (T3 or free triiodothyronine) hormones are being produced. We also assess your symptoms.



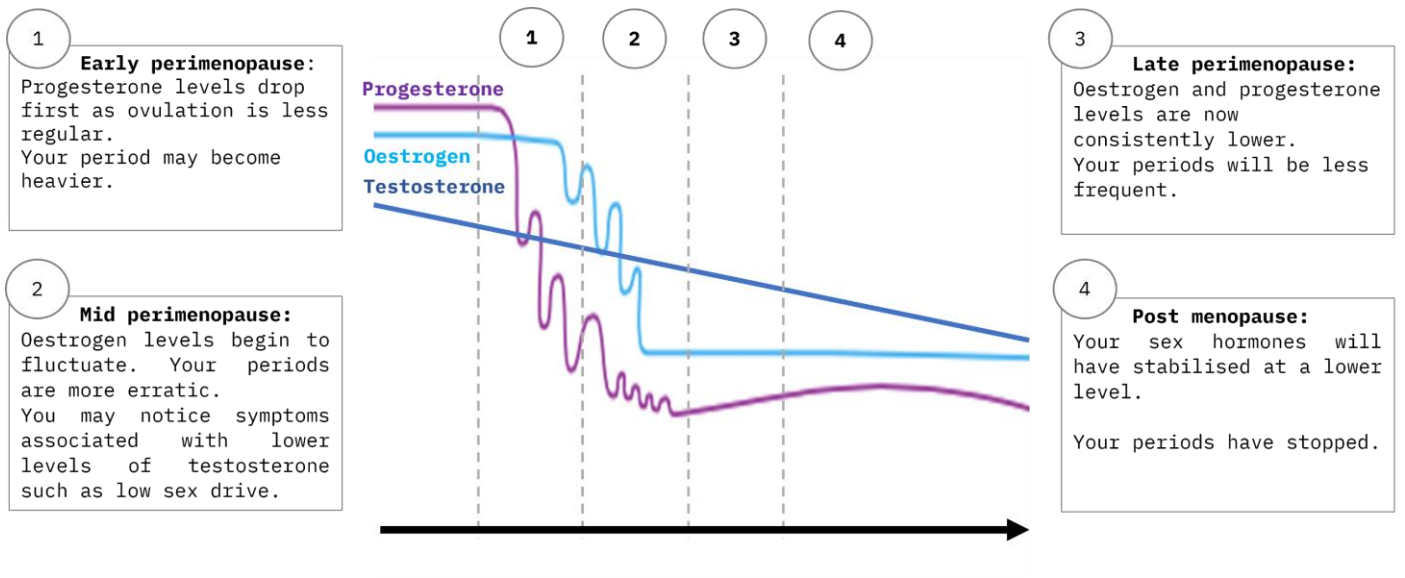
Your TSH is at the upper end of optimal, your T3 levels are within optimal range but your levels of free T4 are slightly suboptimal. Symptoms include weight gain or difficulty losing weight, low mood and fatigue.

SEX HORMONE LEVELS

Oestrogen, progesterone and testosterone, collectively known as our 'sex hormones', are predominately produced in our ovaries.

When perimenopause begins, oestrogen and progesterone levels change but rarely in a consistent and predictable manner which is why this phase of life can be such a hormonal roller coaster. Testosterone levels decline consistently with age - for example, a healthy 40-year-old woman has half the testosterone of her 20-year-old counterpart.

There are no hard and fast rules, but sex hormone levels tend to change in these 4 phases:



In line with National Institute for Clinical Excellence (NICE) guidelines, we do not use blood tests to assess sex hormone levels as they can fluctuate daily.

Your symptoms provide a better guide and we have used these to assess your likely levels of oestrogen, progesterone and testosterone.

YOUR OESTROGEN LEVEL EVALUATION

Oestrogen has many roles in your body. It's important for:

Bones & soft tissues

Oestrogen helps collagen formation, bone mineralisation, lubrication of joints and soft tissue like the vagina and skin.

Insulin sensitivity

Oestrogen helps fuel (glucose) get into your cells instead of being converted to fat. Brain fog can be a sign of low glucose in brain cells.

Brain function

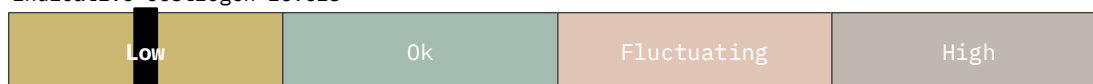
Oestrogen supports serotonin which boosts mood, balances appetite and enhances libido.

Temperature regulation

Oestrogen plays a role in temperature regulation.

YOUR ASSESSMENT

Indicative oestrogen levels



Your questionnaire responses indicate you are experiencing symptoms associated with low oestrogen. They include weight gain, ageing skin, bladder leakage, reduced sex drive and hot flushes.

YOUR PROGESTERONE LEVEL EVALUATION

Progesterone has many roles in your body. It's important for:

Fat burning

Progesterone helps you access body fat to burn as energy.

Thyroid hormones

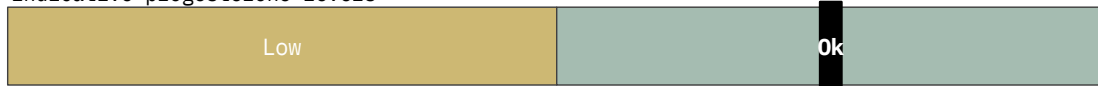
Progesterone increases T4 (free thyroxine) levels which can support healthy metabolic rate.

Brain function

Progesterone helps produce brain calming chemical messengers that support sleep and relaxation.

YOUR ASSESSMENT

Indicative progesterone levels



Your questionnaire responses indicate you are not experiencing symptoms associated with lower levels of progesterone. Your progesterone levels are well balanced.

YOUR TESTOSTERONE LEVEL EVALUATION

Testosterone has many roles in your body. It's important for:

Muscle & bone

Testosterone helps build strong muscle and bones.

Sex drive

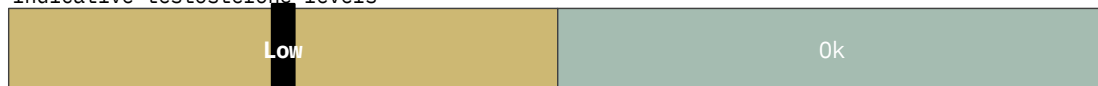
Testosterone is important for healthy sex drive and sexual response.

Brain function

Testosterone can be important for our sense of self confidence.

YOUR ASSESSMENT

Indicative testosterone levels



Your questionnaire responses indicate you are experiencing symptoms associated with low testosterone. These include low sex drive, apathy and less confident decision making.

MOOD & MOTIVATION

YOUR SEROTONIN EVALUATION

Serotonin levels can be affected by fluctuation in oestrogen levels. It's important for:

Mood

Serotonin supports positive mood.

Appetite

Serotonin helps regulate appetite and prevent cravings.

Sex drive

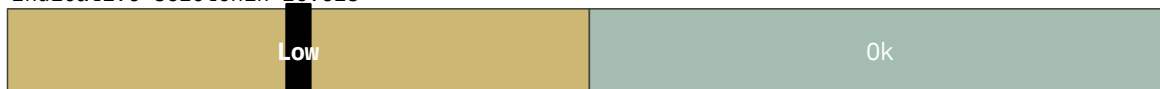
Serotonin can be important for libido and sexual response.

Sleep

Serotonin can be converted into melatonin, the sleep hormone.

YOUR ASSESSMENT

Indicative serotonin levels



Your questionnaire responses indicate you are experiencing symptoms of low serotonin. They include low self-confidence, feelings of guilt, food cravings towards the end of the day and comfort eating.

YOUR GABA EVALUATION

GABA (Gamma Amino Butyric Acid) levels can be affected by the reduced progesterone levels that women experience at menopause. It's important for:

Mood

GABA helps calm the brain, preventing overthinking, anxiety, and tension.

Cravings & appetite

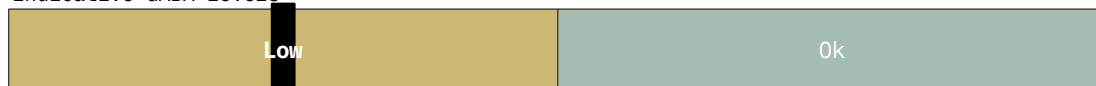
Low GABA levels can increase cravings for alcohol or sweet foods.

Sleep

GABA is important for calming the brain and allowing restful sleep and muscular relaxation.

YOUR ASSESSMENT

Indicative GABA levels



Your questionnaire responses indicate you are experiencing symptoms of low GABA. They include seeking ways to be more alert, low motivation, spending excess time on social media.

YOUR DOPAMINE EVALUATION

Dopamine is a neurotransmitter that drives our sense of reward and satisfaction. It's important for:

Mood

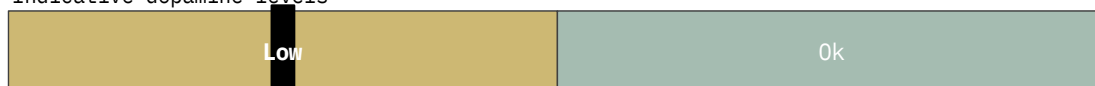
Dopamine is important for motivation and drive, mood and focus.

Cravings

Low dopamine levels can increase need for excitement.

YOUR ASSESSMENT

Indicative dopamine levels



Your questionnaire responses indicate you have symptoms associated with low dopamine. They include difficulty falling asleep, always feeling on alert and over-thinking.

UNDERSTANDING YOUR ASSESSMENT

Dopamine is broken down by the COMT enzyme can lower dopamine levels. Your genetic results show you have a fast COMT enzyme function which is a contributing factor to your lower dopamine levels. Support for this enzyme is particularly important for you.

COMT (Dopamine)



YOUR ADRENALINE EVALUATION

Adrenaline is the hormone released instantly in a 'fight or flight' situation. It's important for:

Cognitive function

Adrenaline shuts down the analytical part of your brain so you can act without thinking.

Blood sugar

Adrenaline raises blood sugar to enable you to act physically.

Heart rate

Adrenaline raises heart rate and blood pressure.

YOUR ASSESSMENT

Indicative adrenaline levels



Your questionnaire responses indicate you clear adrenaline appropriately.

YOUR B VITAMINS EVALUATION

B vitamins play a co-factor role in many enzyme processes in the body. They're important for:

Energy

B vitamins are required by the body to convert food into energy

Fat burning

B vitamins are essential for the metabolism of fats, carbohydrates and proteins and may prevent fat storage

Mood

B Vitamins help make brain chemicals (neurotransmitters) that are important for mood, stress and the nervous system

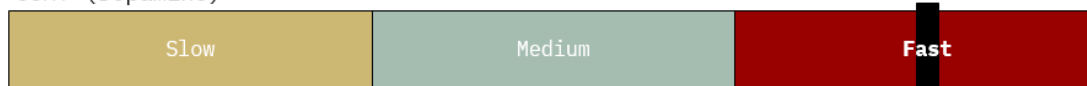
Brain function

B vitamins are essential to support our brain health and cognitive function

YOUR ASSESSMENT

Your need for B vitamins (and whether some supplement formulations may increase anxiety) is determined by your genes (the COMT and the MTHFR genes) as well as your diet and your health.

COMT (Dopamine)



MTHFR (C677T)



MTHFR (A1298C)



Your genetic results indicate that you will benefit from taking a low dose methylated B complex to support energy, mood and weight loss.

NUTRIENT STATUS

YOUR IRON EVALUATION

Iron plays an essential role in the formation of haemoglobin which transports oxygen around the body via the bloodstream. It's important for:

Oxygen transport

Iron helps red blood cells carry oxygen around the body

Thyroid function

Adequate iron levels are needed for optimal thyroid hormone function

Brain function

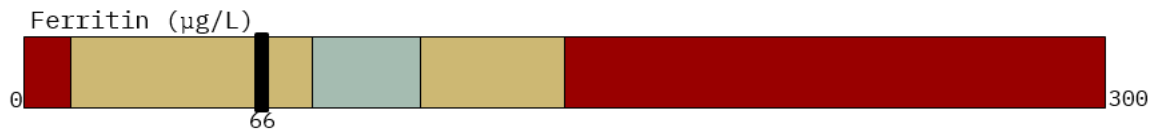
Iron is important for key brain chemicals

Hair growth

Low iron levels are important for healthy hair growth

YOUR RESULTS:

We test ferritin is a measure of your iron stores - low levels are an early indication of low iron. High levels can indicate infection or sub optimal liver function.



Your ferritin level is suboptimal despite taking an iron supplement. Symptoms include fatigue, restless legs and apathy.

YOUR VITAMIN D EVALUATION

Vitamin D has a hormone like action. It's important for:

Bone health

Vitamin D is important for healthy bone formation.

Sleep

Adequate vitamin D levels support sleep.

Testosterone levels

Good levels of vitamin D support healthy testosterone levels.

Immune system

Vitamin D plays an important role in a healthy immune system.

YOUR RESULTS:



Your Vitamin D level is optimal.

IMMUNE SYSTEM

YOUR HISTAMINE PROFILE

Histamine is an important chemical that helps your body deal with allergens and produce stomach acid. However, when histamine levels get too high, it can make menopause symptoms worse:

Itching & sneezing

High levels of histamine can increase itching, sneezing and skin rashes.

High oestrogen symptoms

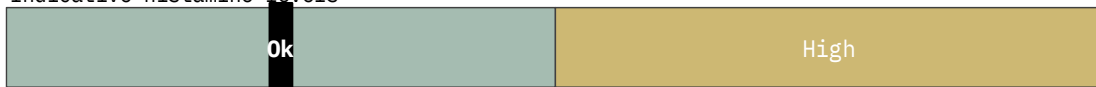
Histamine can increase symptoms of high oestrogen by encouraging the ovaries to produce more.

Food sensitivity

High histamine can increase food sensitivities, hangovers and constipation.

YOUR ASSESSMENT

Indicative histamine levels



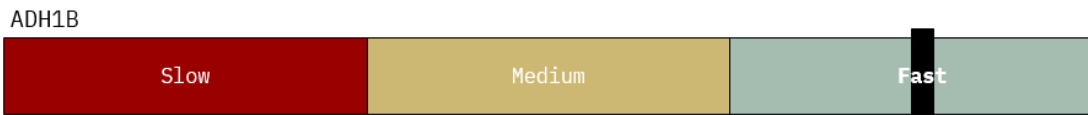
Your questionnaire responses indicate that you are not experiencing symptoms associated with high histamine.

LIVER PROCESSING

Good liver function is fundamental to good health. It's a remarkable organ, involved in the breakdown of toxins such as alcohol and caffeine as well as digestion, metabolism, protein synthesis and the storage of vitamins and minerals.

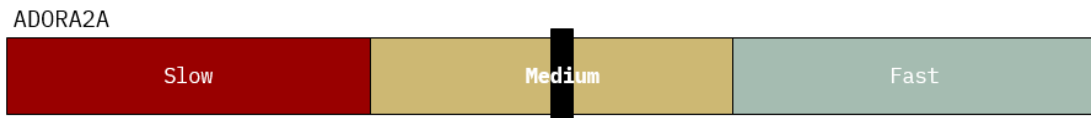
Looking after your liver through midlife will help support your body through menopause.

YOUR GENETIC ALCOHOL CLEARANCE EVALUATION

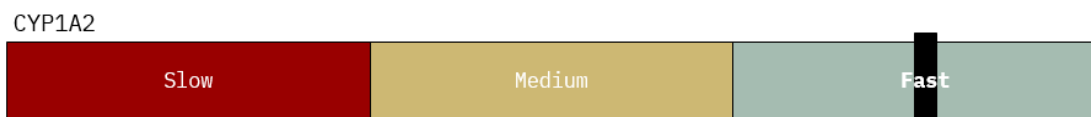


Your genetic capacity to clear alcohol is fast but remember that excess alcohol can cause liver damage and exacerbate menopause symptoms such as poor sleep.

YOUR GENETIC CAFFEINE CLEARANCE EVALUATION



You have a moderate risk from becoming jittery after consuming excess caffeine.



You clear caffeine from your system quickly. As a result, it is less likely to impact your sleep.

4. YOUR SUMMARIES

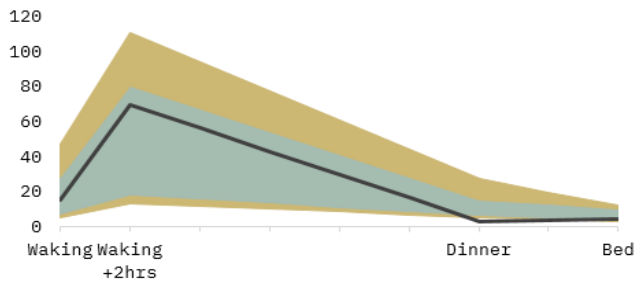
YOUR BLOOD & URINE RESULTS

YOUR DNA RESULTS

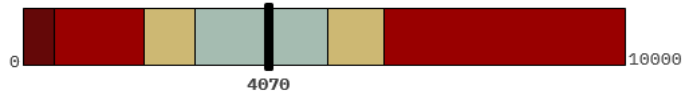
YOUR BLOOD & URINE RESULTS

ADRENAL FUNCTION (URINE)

Free Cortisol (ng/mgCreat)

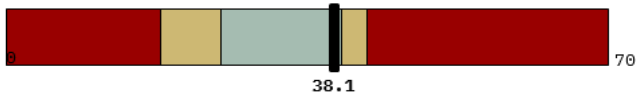


Total Cortisol Metabolites (ng/mgCreat)

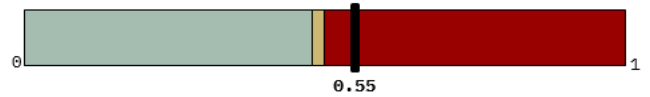


INSULIN SENSITIVITY (BLOOD)

HBA1C (mmol/mol)



Waist : Height Ratio

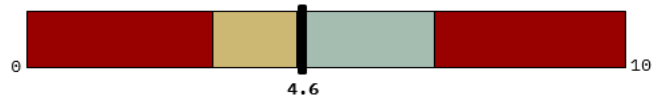


THYROID FUNCTION (BLOOD)

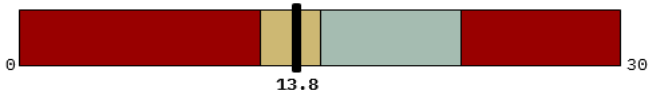
TSH (mIU/L)



Free T3 (pmol/L)

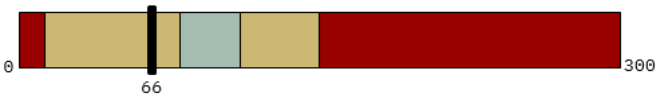


Free T4 (Thyroxine) (pmol/L)



IRON (BLOOD)

Ferritin (μ g/L)



VITAMIN D (BLOOD)

Vitamin D (nmol/L)



YOUR DNA RESULTS

BRAIN BALANCE

GABRA2



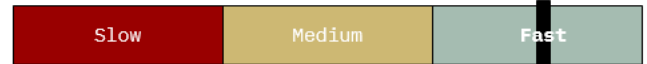
COMT (Dopamine)



MTHFR (C677T)



COMT (ADRENALINE)

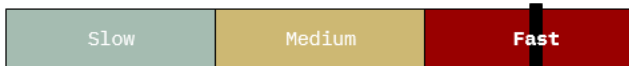


MTHFR (A1298C)

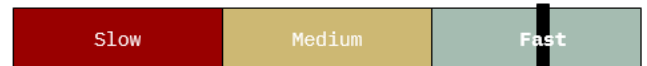


OESTROGEN CLEARANCE

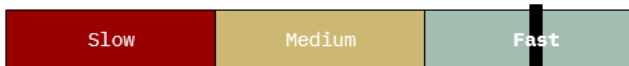
CYP1B1



GSTP1



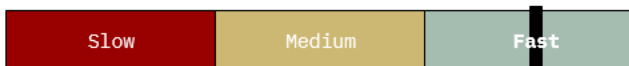
COMT (OESTROGEN)



GSTM1



SULT1A1



MNSOD

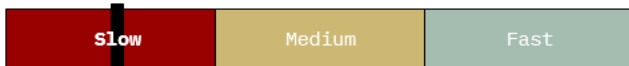


NQO1

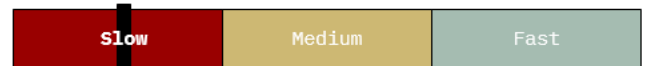


SYNTHETIC OESTROGEN CLEARANCE

UGT1A1

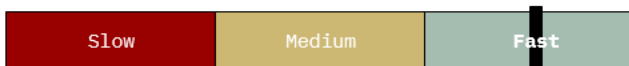


UGT1A6



LIFESTYLE

Caffeine: CYP1A2



Caffeine: ADORA2A



Alcohol: ADH1B

