

# Saliva or Blood: A Diagnostic Tool

Spit. It may not be a pretty word, but it's a pretty amazing substance. When you lick that envelope, you may be sending a more detailed message than you realize. Your saliva leaves a DNA fingerprint that not only says who you are, but also whether you have a genetic predisposition for certain diseases.

Saliva testing is a convenient, inexpensive, and above all, accurate means of testing steroid hormones. Scientific studies have shown a strong correlation between steroid hormone levels in saliva and the amount of hormone in the blood that is active or "bioavailable." It is this fraction of total hormone that is free to enter the target tissues in the brain, uterus, skin, and breasts.

Saliva testing can be done anywhere anytime. Testing that relies on blood drawn in the doctor's office makes it harder to obtain samples at specific times (such as in the early morning) or multiple times during the day. In addition, hormones in saliva are exceptionally stable and can be stored at room temperature for up to a week without affecting the accuracy of the result. This offers maximum flexibility in sample collection and shipment.

## Drs. R&K Shames Urge Saliva Testing for Hormones:

### *More effective than standard blood testing*

There's a lot of buzz out there right now about bio-identical hormones and new testing opportunities. As a Doctor-Nurse hormone balancing team for over twenty years, we have some helpful news that may make it easier for you to understand the best methods for checking your hormones.



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When it comes to testing hormones, the conventional lab blood draw levels of your hormones in the body are often inaccurate and misleading. Why? Hormones don't float free in the blood; they are tightly bound to blood proteins (the binding globulins).

### The Problem:

When tested with the older standard blood draws, hormones that show up in the blood draw are not actually available to the tissues that use it. Hormones that are bound and unavailable to the tissues show up as a large part of your hormone test result. Therefore, a

standard blood test is not accurate unless you also measure the level of the "binding proteins", and know the degree of affinity. In other words, what they are measuring is most often not the amount of hormone that is actually free and ready to go to work in your tissues.

### The Solution

A much superior way to test for these hormones (our sensitive messenger chemicals) is to check the amount that is unbound and ready to go to work in your body. This is called measuring the "free fraction" which is what saliva testing does. The steroid hormones (estrogen, progesterone, testosterone, cortisone, DHEA) are much more reliable when tested for by this newer technology, using saliva rather than blood.

Even the NIH and World Health Organization have discovered and are now utilizing saliva testing for its ease, low cost, and superiority.

## Le régime citron sans privation

La méthode "Le régime citron" part d'un constat simple : pour perdre du poids, il faut une bonne digestion. Et ce, pour deux raisons.

La première : un système digestif paresseux prive l'organisme d'une partie des nutriments ingérés, ce qui peut augmenter la sensation de faim. La deuxième : une mauvaise digestion signifie forcément une mauvaise élimination. Résultat, les personnes souffrant de troubles digestifs anodins peinent à maigrir sans faire le rapprochement entre leur état et leur poids. Pour retrouver un équilibre et donc perdre les kilos superflus, un remède ancestral peut relancer la machine digestive: le citron.

### *Le citron élimine les toxines*

Grâce aux 7 à 8% d'acide citrique qu'il contient, il augmente les sécrétions de salive et de sucs gastriques. Ce fruit a

également une action directe sur le foie, organe régulateur de la digestion. De plus, gorgé de vitamine C, il permet de brûler plus de calories.

Le régime citron consiste donc à consommer cet aliment magique plusieurs fois par jour. Le zeste, le jus, la chair : tout peut servir à agrémenter les différents plats et collations.

### *La citronnade magique*

Mais le citron se consomme surtout sous forme d'une boisson facile à concocter : 2 cuillères à soupe de jus de citron fraîchement pressé, 30 cl d'eau filtrée, 2 cuillère à café de sirop d'érable (ou un petit bâton de cannelle) et une pincée de piment de Cayenne. Principe n°1 : boire cette citronnade chaque matin à jeun au lever. Le programme ne saurait se suffire à ces commandements ; il va falloir apprendre à choisir et à cuisiner les bons aliments mais aussi adopter une nouvelle hygiène de vie. En trois semaines, les poignées d'amour ou le petit bedon devraient disparaître, sans fatigue.