



Recommended Reading

What Your Doctor May Not Tell You About Pre-Menopause,

John R. Lee, M.D.

What Your Doctor May Not Tell You About Menopause,

John R. Lee, M.D.

What Your Doctor May Not Tell You About Breast Cancer:

How Hormone Balance Can Save Your Life,

John R. Lee, M.D.; David Zava Ph.D.

The Wisdom of Menopause, Christiane Northrup, MD.

Women's Bodies, Women's Wisdom, Christiane Northrup, MD

Once a Month, Katharina Dalton, M.D.

The Testosterone Syndrome, Eugene Shippen, M.D.;

What's your Menopause Type? Joseph Collins, N.D.

The Thyroid Solution, Ridha Arem, M.D.

Adrenal Fatigue The 21st Century Stress Syndrome,

James L. Wilson ND,DC,PhD.

Toxic Psychiatry, Peter R. Breggin, M.D.

Resources

We recommend physician-guided evaluation to correct and monitor hormone imbalances identified through saliva testing. Many different medical disciplines are familiar with saliva testing and may use natural therapy to supplement hormonal imbalances. *You may want to interview and verify that a practitioner's training, experience and level of expertise meet your specific needs.* The following resource list provides physician referrals by city, zip code, area code, state, province and/or specialty. Most can be accessed on the web and/or by toll free dialing.

ACAM (American College for Advancement in Medicine) Phone: 800-532-3688 Website:

www.acam.org

AANP (American Assoc. of Naturopathic Physicians) Phone: 877-969-2267 Website:

www.naturopathic.org

AOA (American Osteopathic Association) Phone: 800-621-1773 Website: www.aoa-net.org

ACA (American Chiropractic Association) Phone: 703-276-8800 Website: www.acatoday.com

AHHA (American Holistic Health Association) Phone: 714-779-6152 Website: www.ahha.org

AANC (American Association of Nutritional Consultants) Phone: 888-828-2262 Website: www.aanc.net

AAOM (American Association of Oriental Medicine) Phone: 888-500-7999 Website: www.aaom.org

A4M (American Academy of Anti-Aging Medicine) Website: www.worldhealth.net

IACP (International Academy of Compounding Pharmacists) Phone: 800-927-4227 ext. 300 Website: www.iacprx.org. for a referral to a compounding pharmacists skilled in the use of natural hormones.

PCCA (Professional Compounding Centers of America) Phone: 888-454-3459 Website: www.pccarx.com for a referral to a compounding pharmacists skilled in the use of natural hormones.

HORMONE HOTLINE DIRECTORY

The Hormone Hotline is a 24 hour taped audio-library with a growing list of topics on every aspect of hormone balance and saliva testing. The Hotline number is 503-466-9166.



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| 11. Listing of Audio box codes | 34. Progesterone and Why We Need It |
| 12. Greeting from Dr. Zava, Pres. ZRT Laboratory | 35. What Is The Pg/E2 Ratio |
| 13. How to reach ZRT Laboratory | 36. Cortisol, Stress and Adrenal Health |
| 14. Why Saliva Testing and How It Can Help | 37. Hormone Imbalance and Low Sex Drive |
| 15. What Makes ZRT Laboratory Different? | 38. Hormone Imbalance and Osteoporosis |
| 16. Our Mission Statement | 39. Hormone Imbalance and Insulin Resistance |
| 17. Hormones We Test at ZRT | 40. Estrogen Dominance and Thyroid Function |
| 18. The Team at ZRT | 41. Hormone Imbalance and Polycystic Ovaries |
| 19. Before Collecting Saliva | 42. Hormone Imbalance and Endometriosis |
| 20. Conditions That Can Alter Test Results | 43. Hormone Imbalance and Fibroids |
| 21. How to Collect Saliva | 44. Hormone Imbalance and PMS |
| 22. When to Collect Saliva | 45. Hormone Imbalance and Hysterectomy |
| 23. Difficulty Collecting Enough Saliva | 46. Hormone Imbalance and Breast Cancer |
| 24. Saliva Collection for Adrenal Function | 47. Safe Breast Cancer Screening: Thermography |
| 25. Understanding Your Saliva Test Report | 48. What are Phytoestrogens? – a word about Soy |
| 26. Follow-up Resources and Reading | 49. All About Natural, (Bioidentical) Hormones? |
| 27. All About Hormones? | 50. Why Blood Spot Testing and How It Can Help? |
| 28. Menopause | 51. The History of Blood Spot Testing |
| 29. Is There A Male Menopause? | 52. Advantages of Blood Spot Testing |
| 30. Androgens: Testosterone and DHEA | 53. Overview of Hormones We Test In Blood |
| 31. What is Estrogen and Estrogen Dominance? | 54. How to Collect Blood Spot Sample |
| 32. Symptoms of Estrogen Deficiency | 55. Testing IGF-1 for Growth Hormone Deficiency |
| 33. The Anatomy of a Hotflash | 56. Testing for Thyroid Deficiency |
| | 57. Testing for Signs of Menopause or Andropause |