

Take Control of Adrenal Burnout with ZRT Home Lab Testing

Adrenal Hormones



Are you feeling stressed out and overwhelmed?

Do you want to take control of your stress levels and improve your overall wellbeing? Look no further than ZRT home lab testing for adrenal stress testing.

Adrenal stress testing is a cutting-edge diagnostic tool that uses advanced technology to analyze your cortisol levels over the course of a day. By monitoring your cortisol levels, you can gain insight into the root cause of your stress and take proactive steps to manage it.

With ZRT home lab testing, you can:

- ✓ Get a comprehensive look at your cortisol levels over the course of a day, including morning, noon, evening, and nighttime levels.
- ✓ Identify patterns and trends in your cortisol levels that may be contributing to your stress.
- ✓ Work with your healthcare provider to develop a personalized treatment plan that addresses the root cause of your stress.
- ✓ Get accurate and reliable results that can help you improve your overall health and wellbeing.
- ✓ Save time and money by avoiding unnecessary doctor visits and laboratory tests.

How to get started?

Schedule a virtual or in office appointment with Dr. Sonya. After taking your health history and evaluation, she will recommend the right lab for you to ensure accurate diagnoses and an effective treatment plan. You will be supplied with a ZRT home kit. ZRT hormone testing kits are easy to use and include everything you need to collect a sample from the comfort of your own home. Simply follow the instructions provided, collect your sample, and send it back to the lab in the prepaid envelope.

Once your sample is received and analyzed, Dr. Sonya will give you your results in the follow up visit and provide you with a personalized report that includes easy-to-understand explanations of your results and actionable recommendations to manage your stress.

Don't let stress control your life. Take control of your stress levels and improve your overall wellbeing with ZRT home lab testing for adrenal stress testing. Order your home lab testing kit today and start monitoring your cortisol levels like never before.