

UNDERSTANDING YOUR AO SCAN HORMONES REPORT

A GUIDE TO YOUR BODY'S ENERGETIC HORMONE PATTERNS

This report shows your body's energetic communication, not lab values.
It reflects how your body is adapting, compensating, or needing support.



WHAT IS THE HORMONES REPORT?

The Hormones Report is an energetic snapshot of how your hormone system is communicating and functioning at the time of your scan. It helps us look for patterns, strengths, and areas that may benefit from additional support.

This is an educational wellness tool, not a medical test.

WHAT THE NUMBERS MEAN



+40% OR GREATER

Energetic Overactivity
Stress Load • Compensation
Up-Regulation



-40% OR LOWER

Energetic Underactivity
Depletion • Suppression
Down-Regulation

Numbers show energetic patterns, not lab values. The higher or lower the percentage, the greater the body may be overcompensating or underfunctioning in that area.

YOUR HORMONES REPORT INCLUDES 10 KEY AREAS

1		THYROID FUNCTION	Includes TSH, T3, T4, Reverse T3, and thyroid antibodies. Supports metabolism, energy, and cellular communication.
2		SEX HORMONES	Includes Estradiol, Estrone, Progesterone, Testosterone, DHT, and SHBG. Supports reproduction, mood, and vitality.
3		ADRENAL & STRESS HORMONES	Includes Cortisol, DHEA, Aldosterone. Supports stress response, balance, and endurance.
4		METABOLIC & APPETITE HORMONES	Includes Leptin, Insulin, Glucagon. Supports blood sugar balance and weight regulation.
5		BLOOD & OXYGEN SUPPORT	Includes Adenosine, Fibrinogen Activity, G6PD. Supports circulation, oxygen delivery, and energy production.
6		LIVER & DETOX SUPPORT	Includes Liver Function Test (LFT). Supports detoxification and nutrient metabolism.
7		GROWTH & REPAIR FACTORS	Includes IGF-1. Supports growth, repair, and cellular regeneration.
8		SLEEP & RECOVERY HORMONES	Includes Melatonin. Supports sleep quality, circadian rhythm, and recovery.
9		PITUITARY & REPRODUCTIVE HORMONES	Includes FSH, LH, Prolactin. Supports reproductive health and hormonal balance.
10		MINERAL & BONE HORMONES	Includes Parathyroid, Calcitonin. Supports calcium balance and bone integrity.

EXAMPLE OF WHAT YOU'LL SEE IN YOUR REPORT

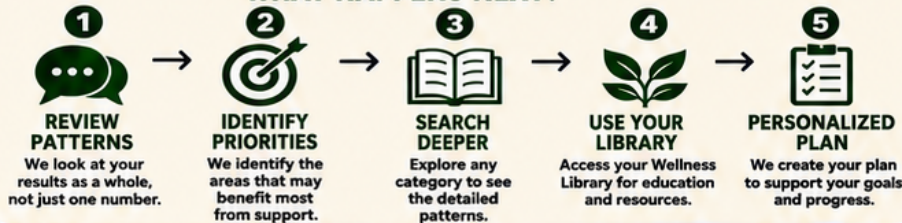
HORMONE / MARKER	% OUT	WHAT IT MAY MEAN
Cortisol	-22%	Lower than optimal – may indicate fatigue or depletion.
DHEA-Sulfate	-37%	Lower than optimal – may indicate stress or adrenal fatigue.
Leptin	+35%	Higher than optimal – may indicate resistance or compensation.
Insulin	-19%	Lower than optimal – may affect energy and blood sugar.
Melatonin	-09%	Lower than optimal – may impact sleep and recovery.



Your full report includes many more markers.

We look at all patterns together,
not just one number.

WHAT HAPPENS NEXT?



BEST PRACTICES



Collect scans over 7–14 days to see patterns and trends.



Work with your coach to support balance, not just the numbers.



Focus on consistent choices that support your body's ability to restore and heal.



FRIENDLY REMINDER

Your body and biofield are constantly interacting with your environment. Nutrition, sleep, stress, emotions, daily activities, plants, animals, household products and many other everyday experiences may influence energetic patterns over time. This energetic snapshot for wellness for wellness education and coaching conversations.



EDUCATIONAL DISCLAIMER

The AO Scan Hormones Report is an educational wellness tool and is not intended to diagnose, treat, cure, or prevent any disease. It is not a substitute for medical care. Always follow the advice of your qualified healthcare provider.



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