



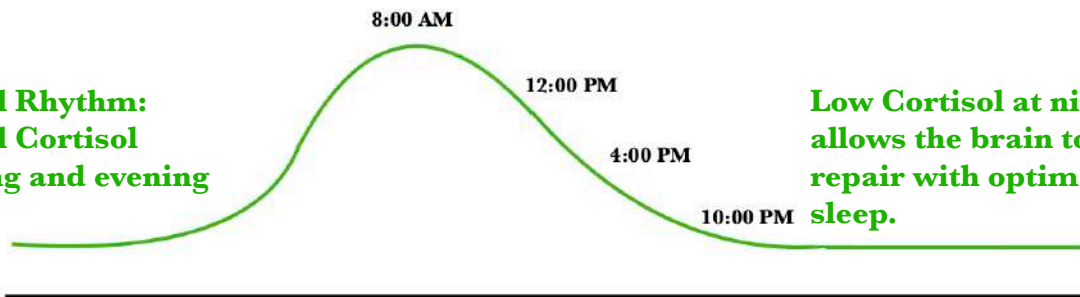
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Adrenal Stress Index

Energy, Weight, Sleep

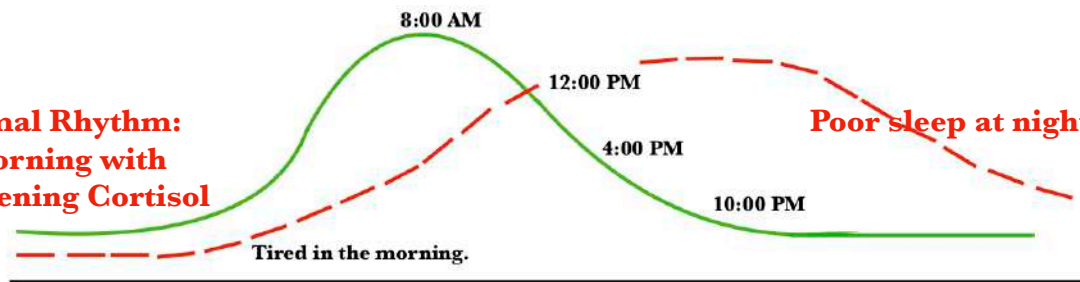
Which Rhythm Are You?

Normal Rhythm:
 Normal Cortisol
 morning and evening



Low Cortisol at night
 allows the brain to
 repair with optimal
 sleep.

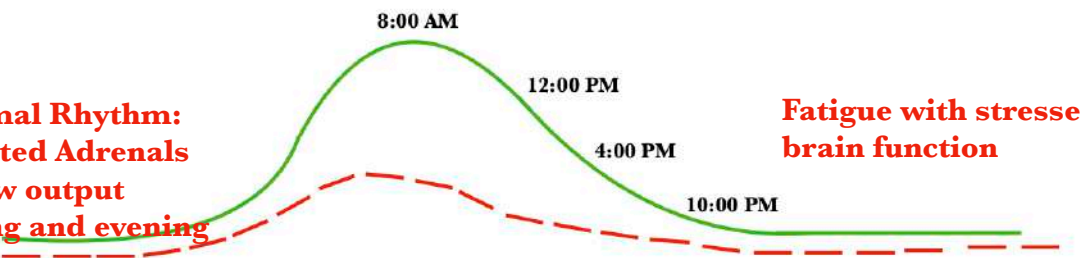
Abnormal Rhythm:
 Low morning with
 high evening Cortisol



Poor sleep at night

Tired in the morning.

Abnormal Rhythm:
 Exhausted Adrenals
 with low output
 morning and evening



**Fatigue with stressed
 brain function**



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References for Adrenal Cortisol Testing with Saliva

“Salivary levels of steroid hormones and other analytes that are protein bound in serum reflect the unbound and active concentration of the hormone. Saliva can be used as a diagnostic specimen not only to obtain information more inexpensively and efficiently than serum, but also to provide information not readily available from serum testing.”

Hofman LF. Human saliva as a diagnostic specimen. Journal of Nutrition. 2001;131(5):1621S-5S. doi: [10.1093/jn/131.5.1621S](https://doi.org/10.1093/jn/131.5.1621S).

“Although saliva has not yet become a mainstream sample source for hormone analysis, it has proven to be reliable and, in some cases, even superior to other body fluids.”

Gröschl M. Current status of salivary hormone analysis. Clinical Chemistry. 2008;54(11):1759-69. doi: [10.1373/clinchem.2008.108910](https://doi.org/10.1373/clinchem.2008.108910).

“Saliva offers a promising diagnostic alternative, compared to blood sampling, for screening for inflammatory, metabolic, and cardiovascular risk factors particularly among pediatric and geriatric populations where blood sampling may be difficult.”

Desai GS, Mathews ST. Saliva as a non-invasive diagnostic tool for inflammation and insulin-resistance. World Journal Diabetes. 2014;5(6):730-8. doi: [10.4239/wjd.v5.i6.730](https://doi.org/10.4239/wjd.v5.i6.730).

“Late-night salivary cortisol measurements provide a sensitivity and specificity for the diagnosis of Cushing’s syndrome of more than 90%, and this procedure is emerging as possibly the simplest and most effective screening tool for patients in whom the diagnosis of hyper cortisolism is suspected”.

Gardner D, Shoback D, eds. Greenspan’s Basic & Clinical Endocrinology. 8th ed. San Francisco, CA: McGraw Hill; 2007:364.

The Endocrine Society recommends late-night salivary cortisol (two measurements) as one possible initial test for Cushing’s syndrome (along with urine free cortisol and dexamethasone suppression testing).

Nieman LK, Biller BM, Findling JW, et al. The diagnosis of Cushing’s syndrome: an Endocrine Society Clinical Practice Guideline. Journal Clinical Endocrinology Metabolism. 2008;93(5):1526-40.

Saliva Testing and other lab work done at this office is considered nutritional testing by most, if not all insurance companies. There is typically no reimbursement for this type of testing. Anthem and Medicare specifically will not pay for laboratory testing done at this office.

Dr. McGuckin is a licensed chiropractic physician who uses diet and nutritional support to help your body repair. Dr. McGuckin works with your current doctor(s), and does not intend to be a replacement for your primary care physician. Dr. McGuckin requires all patients to have a primary care physician to cover emergencies and routine care.

Testing and nutritional supplement recommendations are not a substitute for, or in place of, any medications or recommendations made by your medical doctor(s) or other licensed healthcare professionals, and that no medications should be discontinued or initiated without the advice of your medical doctor or other healthcare provider(s) you are seeing.