

For **hormonal health and anxiety/mental health issues**, key markers from the **Total Toxin Test** can help identify toxic exposures that may contribute to **hormonal imbalances, neurotransmitter dysfunction, and mood disorders** like anxiety and depression.

1. Heavy Metals (Neurotoxic & Endocrine Disrupting Metals)

- **Mercury** – Interferes with neurotransmitters (dopamine, serotonin) and can contribute to anxiety, depression, and cognitive dysfunction.
- **Lead** – Can disrupt hormonal function, cause neurological impairments, and increase anxiety.
- **Arsenic** – Affects mitochondrial function, leading to fatigue, mood instability, and hormone dysregulation.
- **Cadmium** – Alters thyroid and adrenal function, impacting stress response and mood.

2. Mycotoxins (Mold-Related Toxins Affecting Mood & Hormones)

- **Ochratoxin A** – Affects adrenal function, increasing cortisol dysregulation and stress response.
- **Glutotoxin** – Suppresses immune function and can cause brain inflammation, contributing to mood disorders.
- **Citrinin** – Disrupts mitochondrial function, leading to fatigue and cognitive dysfunction.
- **Zearalenone** – Acts as an **estrogen mimic**, leading to hormonal imbalances, PMS, and mood swings.

3. Environmental Toxins (Endocrine Disruptors & Neurotoxins)

- **Bisphenol A (BPA)** – Estrogenic compound disrupting hormone balance, increasing anxiety and depression risk.
- **Phthalates** – Alters thyroid and adrenal function, affecting mood, stress, and sleep.
- **Organophosphates (Pesticides & Herbicides)** – Affects neurotransmitter function (acetylcholine), leading to anxiety, brain fog, and fatigue.
- **Polychlorinated Biphenyls (PCBs)** – Can impact serotonin and dopamine regulation, contributing to anxiety and mood imbalances.
- **Volatile Organic Compounds (VOCs)** – Neurotoxic chemicals affecting cognitive function and increasing anxiety symptoms.

Key Takeaways

- **Heavy metals and mycotoxins** can impair brain function and hormone production.
- **Endocrine disruptors like BPA, phthalates, and PCBs** mimic hormones and interfere with mood regulation.
- **Addressing these toxins** through detoxification, diet, and lifestyle changes can help restore hormonal balance and mental well-being.