

Hormonal Symptoms

Abundance of Estrogen

- Water retention
- Fatigue
- Breast swelling
- Fibrocystic breasts
- Premenstrual-like mood swings
- Loss of sex drive
- Breast pain
- Heavy or irregular menses
- Uterine fibroids
- Craving for sweets
- Weight gain

Lack of Estrogen

- Hot flashes (not only symptom)
- Shortness of breath
- Night sweats
- Sleep disorders
- Vaginal dryness
- Dry skin
- Anxiety
- Mood swings
- Headache
- Depression
- Memory loss
- Heart palpitations
- Yeast infections
- Vaginal shrinkage
- Painful intercourse
- Inability to reach orgasm
- Lack of Menstruation

Abundance of Progesterone

- Depression
- Somnolence
- Causes sleep

Lack of Progesterone

- Swollen breasts
- Headache
- Low libido
- Anxiety
- Moodiness
- Fuzzy thinking
- Depression
- Food cravings
- Irritability
- Insomnia
- Cramps
- Emotional swings
- Painful breasts
- Weight Gain
- Early menstruation
- Bloating
- Inability to concentrate
- Painful joints
- Asthma
- Acne

Low Testosterone

- Low libido
- Vaginal dryness
- Foggy thinking
- Fatigue & low energy
- Aches/Pains
- Memory lapses/Poor concentration
- Incontinence
- Depressed
- Sleep disturbances
- Fall asleep after meals
- Bone loss
- Decreased muscle/Reduced muscle mass & strength
- Thinning skin
- Increased body fat
- Erectile dysfunction

High Testosterone

- Excessive facial/body hair
- Loss of scalp hair
- Increased acne
- Oily skin

Low Cortisol

- Fatigue
- Sugar cravings
- Allergies
- Chemical sensitivity
- Stress
- Cold body temp
- Heart palpitations
- Aches/pains
- Arthritis
- Sleep disturbances

High Cortisol

- Bone loss
- Fatigue
- Weight gain in waist
- Loss of muscle mass
- Thinning skin

Low Thyroid

- Fatigue
- Constipation
- Decrease sweating
- Slow heart rate
- Muscle tightness
- Cold body temp
- Heart palpitations
- Fibrocystic breasts
- Heavy periods
- Muscle cramps
- Restless leg
- Dry skin
- Ridged nails
- Loss of muscle mass
- Dry brittle hair
- Hair loss
- Weight loss/gain
- Inability to lose weight
- Sleep changes
- Anxiety
- Loss of eyebrows
- High lipids
- Cold extremities
- Scalloped tongue

