

“NO, YOU ARE NOT GOING CRAZY”

Symptoms of Hormonal Imbalance

PROGESTERONE DEFICIENCY

- Headache
- Low Libido/sex drive
- Anxiety
- Swollen Breasts
- Moodiness
- Fuzzy Thinking
- Depression
- Food Cravings
- Irritability
- Insomnia
- Cramps
- Painful Breasts
- Weight Gain
- Bloating
- Inability to concentrate
- Painful Joints
- Acne

EXCESS PROGESTERONE

- Depression
- Excessive Sleep

ANDROGENS DEFICIENCY (DHEA & TESTOSTERONE)

- Low Libido/ sex drive
- Low Energy
- Loss of Muscle Tone
- Bone Loss

EXCESS ANDROGENS

- Excessive Facial/Body Hair
- Loss of Scalp Hair
- Increased Acne
- Oily Skin

ESTROGEN DEFICIENCY

- Hot Flashes
- Shortness of Breath
- Night Sweats
- Sleep Disorders
- Vaginal Dryness
- Dry Skin
- Anxiety
- Mood Swings
- Headaches
- Depression
- Memory Loss
- Heart Palpitations
- Yeast Infections
- Painful Intercourse
- Inability to reach orgasm
- Hair loss, dry hair

EXCESS ESTROGEN

- Water Retention
- Fatigue
- Breast Swelling
- Fibrocystic Breasts
- PMS-like mood swings
- Loss of Sex Drive
- Heavy or Irregular menses
- Uterine Fibroids
- Craving for Sweets
- Weight Gain

CORTISOL DEFICIENCY

- Fatigue
- Sugar Cravings
- Allergies
- Chemical Sensitivity
- Stress
- Cold Body Temperature
- Heart Palpitations
- Aches/Pains
- Arthritis

CORTISOL EXCESS

- Sleep Disturbances
- Depression
- Fatigue
- Weight Gain in Waist
- Loss of Muscle Mass
- Bone Loss
- Thinning Skin