

Hormone imbalance

How do you get know if you have any of these three hormone imbalances? Let's sort this out for you again using symptom lists.

Estrogen dominance:

Please tick which of the following symptoms apply to you.

Estrogen dominance means that you have too much estrogen in your body.

Symptom	✓	Symptom	✓
PMS and/or depression		Heavy bleeding	
Spider veins or varicose veins		Cellulite	
Painful period		Cysts or fibroids	
Irritability, mood swings, or anxiety.		Headaches or migraines, especially before menstruation	
Fat around the hips		Birth control pills (even if discontinued for a long time)	
Thyroid nodule		History of thyroid cancer	
History of breast cancer		Endometriosis	
Lumpy or painful breasts		Allergies	
Edema, swelling or water retention		Gallbladder problems or gallbladder was removed	
Brown face coloring			

How many points apply to you? _____

Progesterone deficiency:

In progesterone deficiency, on the one hand, all symptoms of estrogen dominance count, and on the other hand, typical symptoms are the following.

Please tick which of the following symptoms apply to you.

Symptom	✓	Symptom	✓
Insomnia		Wake up midnight	
Infertility		Miscarriages	
Intermittent bleeding		Anxiety, restlessness	
Mood swings		Hot flashes	

How many points apply to you ? _____

Estrogen deficiency:

Please tick which of the following symptoms apply to you.

Symptom	✓	Symptom	✓
Forgetfulness		Poor memory ("Why did I go into that room?")	
Night sweats and hot flashes		Leaking or overactive bladder	
Emotional lability, especially in comparison to "before"		Depression, anxiety and lethargy (loss of enthusiasm).	
Problems falling asleep		Painful joints	
Loss of interest in movement		Bone loss or osteoporosis	
Vaginal dryness, irritation, or loss of sensation		Dryness in eyes, skin	
Low libido		Painful sex	
Dry and sagging skin		Skin thinning (translucent veins)	
"Love handles" or weight gain belly and hips			

How many points apply to you here? _____

Explanation:

The highest score shows you which "construction site" you should tackle first and then work your way forward.