

ARE YOU SUFFERING FROM A *hormonal imbalance?*

You may have been told by a Medical Professional that your hormones are just fine, that they couldn't possibly be contributing to your nagging symptoms. This can be very frustrating! Part of the problem is that we don't have definitive ways to check for many of these hormonal imbalances, or the imbalances are still subtle enough that they aren't detected on regular pathology but still causing some grief. Often intuitively we know something isn't quite right.

*I find the best way to restore hormonal balance is to firstly identify via symptoms where hormonal pathways are possibly compromised, then, in addition to building a strong hormonal foundation via diet and lifestyle practices, to consider what may be driving these imbalances, and addressing these factors too. **Remember this quiz is not diagnostic.** It is designed to give you an indication of hormonal areas that may need further exploration and support.*

If you are post-menopausal, please answer these questions based on your earlier experiences. If you headed into menopause with imbalances, they are likely magnified as you progress through this next stage of life.

Simply note yes next to each question or symptom you experience. There are repeats of symptoms throughout the quiz because many symptoms can be attributed to compromise in various hormonal pathways.

Low progesterone symptoms:

Are your periods heavy or painful?

Do you experience bloating or water retention especially around your period?

Do you experience breast discomfort or tenderness around your period?

Do you experience irregular or missing periods?

Are your monthly cycles less than 24 days or longer than 32 days?

Do you get mid cycle spotting?

Do you experience hot flashes?

Do you experience more irritability, restlessness or anxiety around your period?

Do you experience mood swings?

Do you have difficulty falling asleep or staying asleep?

Do you experience headaches around your period?

Do you have a history of ovarian cysts, breast cysts or endometriosis?

Do you experience restless legs, or itchy legs at night?

Is your skin dry?

Do you experience vaginal dryness?

Have you experienced infertility or subfertility?

Count your number of yes answers for low progesterone levels _____

High oestrogen symptoms:

Do you experience heavy periods?

Have you experienced breast or ovarian fibroids?

Do you get headaches or migraines before your period?

Do you experience irritability, low mood and anxiety around the time of your period?

Do you experience bloating or water retention around your belly and ankles before and during your period?

Do you experience breast discomfort or tenderness before and during your period?

Do you experience endometriosis or painful periods?

Do you have trouble falling asleep?

Do you have spider veins or varicose veins?

Do you have cellulite?

Do you hold more weight around your hips and thighs?

Do you have gallbladder issues or has your gallbladder been removed?

Do you experience post-menopausal bleeding?

Count your number of yes answers for high oestrogen levels _____

Low oestrogen symptoms:

- Do you experience night sweats or hot flashes?
- Do you experience depression, anxiety or low energy, especially around your period?
- Do you feel like you have less enthusiasm for life now compared to previously?
- Do you feel emotionally fragile?
- Do you have trouble falling asleep or staying asleep?
- Do you experience dry, saggy or thin skin?
- Are your breasts sagging and shrinking?
- Is sex painful?
- Do you have a low libido?
- Do you have 'love handles' around your abdomen?
- Are you menopausal?
- Have you been diagnosed with osteoporosis or lowered bone density?
- Is your memory poor?

Count your number of yes answers for low oestrogen levels _____

High testosterone symptoms:

- Do you experience acne?
- Is your skin and hair more oily than other people?
- Do you have ovarian cysts or PCOS?
- Do you experience ovarian pain in the middle of your menstrual cycle?
- Do you have thinning hair on your head?
- Do you have excessive hair growth on your chin, upper lip, stomach or breasts?
- Do you experience infertility?
- Do you have saggy or shrinking breasts?
- Do you experience aggressiveness with irritability?
- Are you easily agitated?
- Have you gained weight around your belly area?
- Do you crave sugar and carbohydrate heavy foods?
- Have you been diagnosed with a non-alcoholic fatty liver?
- Do you experience low or high blood sugar episodes?
- Do you experience greater hunger than others?

Count your number of yes answers for high testosterone levels _____

Low testosterone symptoms:

- Have you experienced muscle loss?
- Do you have muscle weakness?
- Do you carry excess weight around your waist?
- Do you have lower confidence that you did previously?
- Are you less assertive than you were previously?
- Do you have a low libido?
- Are you fatigued more now than previously?
- Do you experience low moods or depression?
- Have you been diagnosed with osteoporosis or have lowered bone density?
- Does your skin feel saggy?
- Have you experienced hair loss?

Count your number of yes answers for low testosterone levels _____

Low thyroid symptoms:

- Do you feel tired and mentally sluggish?
- Do you have excessive amounts of hair falling out or thinning hair?
- Have you lost hair from your eyebrows (especially outer 1/3) or eyelashes?
- Have you gained weight despite a healthy diet and exercise regime?
- Do you experience depression, anxiety or fatigue?
- Are your hair, skin and nails brittle or thinning?
- Is your skin or scalp excessively dry?
- Have you been told your cholesterol markers are high, especially LDL?
- Do you experience muscles or joint aches and pains?
- Do you suffer from constipation or infrequent bowel movements?
- Do you experience morning headaches that improve as the day goes on?
- Are your feet and hands cold to the touch, or do you feel the cold more than others?
- Do you experience brain fog, e.g. slow thoughts or difficulty focussing?
- Do you have a history of infertility?
- Do you have a lower libido than previously?
- Do you have a family history of thyroid conditions?
- Do you experience hives?
- Are there indents on the sides of your tongue when you poke it out? Scalloped tongue?
- Do you feel like you need more sleep than others to function during the day?

Count your number of yes answers for underactive thyroid levels _____

High thyroid symptoms:

- Do you experience heart palpitations?
- Do you experience what feels like inner trembling?
- Do you have a high pulse rate, even at rest?
- Are you more nervous and emotional than in the past?
- Do you experience excessive insomnia?
- Do you experience night sweats?
- Do you struggle to gain weight?

Count your number of yes answers for overactive thyroid issues _____

Blood sugar imbalance due to insulin resistance and/or leptin resistance symptoms:

- Do you feel hungry even after eating a full meal?
- Do you have excessive hunger or thirst?
- Do you experience frequent urination?
- Are you tired after meals?
- Do you crave sugar and carbohydrate rich foods?
- Do you have daily fatigue?
- Do you get pins and needles in your hands or feet, or tingling sensations?
- Do you have dark patches of skin in your skin folds, especially armpits and elbows?
- Do you experience skin tags?
- Have you been diagnosed with diabetes or prediabetes?
- Do you have a history of cardiovascular issues?
- Do you have high triglycerides on a cholesterol test (over 1)?
- Have you been diagnosed with a fatty liver?
- Do you have a waist circumference over 80 cm?
- Have you had your blood sugar checked and found a fasting level over 5.6?
- Have you had your HbA1C checked and found to be over 6%?
- Have you had your HOMA-IR checked and found it to be over 2?

Count your number of yes answers for blood sugar imbalance _____

High cortisol symptoms:

- Are you tired but wired?
- Do you feel jittery, unfocused, or moody when hungry?
- Do you have sugar cravings after meals?
- Do you experience indigestion, acid reflux or ulcers?
- Do you struggle to calm down or relax?
- Do you feel like you are running from one task to the next?
- Do you have a quick temper?
- Do you have a hard time getting over adversity or illnesses?
- Do you experience more frequent colds and illnesses than others around you?
- Is it hard to fall asleep?
- Do you have fluid retention e.g. puffy face, fingers or around your ankles?
- Do you experience memory lapses, especially when stressed?
- Do you have a roll of belly fat around your waist?
- Do you experience skin conditions like eczema?
- Have you been diagnosed with osteoporosis or bone density loss?
- Do you gain weight when stressed?
- Do you perspire easily or excessively?
- Do you wake up tired, even after 6 hours of sleep?

Count your number of yes answers for high cortisol levels _____

Low cortisol symptoms:

- Do you experience fatigue or burnout?
- Do you need to use coffee to keep you going?
- Do you have a hard time staying asleep all night?
- Do you crave salt?
- Do you have a history of low blood pressure?
- Do you feel dizzy after getting up from a seated or laying position?
- Do you have more of a negative outlook than others around you?
- Do you cry for no obvious reason or become emotional easily?
- Do you have more energy in the morning, but crash in the afternoon and evening?
- Do you have a hard time getting up in the mornings?
- Has your tolerance for stress decreased?
- Do you have a hard time getting well after a cold, or infection?
- Do you experience symptoms of blood sugar imbalance?
- Do you experience mild depression?
- Do you have weak nails?

Count your number of yes answers for low cortisol levels _____

Make a note of area's where you have 3 or more yes responses in a category:

Quick note: It is entirely possible to have symptoms of both high and low levels of the same hormone, or low levels of all hormones. At this stage just make a note of your discoveries.