



Hormone Symptom Reference

Use this as a reference. Find the symptom(s) you are feeling and cross reference to the potential hormones impacted. Track this every couple months as you make adjustments to your lifestyle to promote hormone health.

Symptom	Potential Hormones
Headaches	Low Estrogen, High Cortisol, Low Cortisol
Brain Fog/Trouble Concentrating	Low Estrogen, High Cortisol, Low Cortisol, Hypothyroidism (underactive thyroid), High Insulin, Low Testosterone
Bloating	High Cortisol
Constipation	Hypothyroidism (underactive thyroid)
Mood Swings	Low Estrogen, Low Progesterone, High Cortisol, High Insulin, High Testosterone
Cravings	Low Progesterone, High Cortisol, Low Cortisol (Salty foods), High Insulin
Weight Changes	Low Estrogen, Low Progesterone, High Cortisol, Hypothyroidism (underactive thyroid), High Insulin, Hyperthyroidism (overactive thyroid) - weight loss
Night Sweats/ Hot Flashes	Low Estrogen
Cramps	Low Progesterone
Spotting	Low Progesterone
Breast Tenderness	Low Progesterone
Jittery/restless	Hyperthyroidism (overactive thyroid), High Cortisol (at night)
Acne	High Cortisol, High Insulin, High Testosterone
Fatigue	Low Estrogen, Low Progesterone, High Cortisol, Low Cortisol, Hypothyroidism (underactive thyroid), High Insulin, Low Testosterone
Anxiety	Low Estrogen, Low Progesterone, High Cortisol, Hyperthyroidism (overactive thyroid)
Poor Sleep	Low Estrogen, Low Progesterone, High Cortisol, Hyperthyroidism (overactive thyroid), High Insulin
Pain/ Discomfort	Low Estrogen
Infections/ Easily get sick	Low Estrogen, High Cortisol

Symptom	Potential Hormones
Missed/Irregular periods	Low Estrogen, Low Progesterone, High Cortisol, Low Cortisol, Hyperthyroidism (overactive thyroid), High Insulin, High Testosterone
Vaginal Dryness	Low Estrogen
Decreased libido	Low Estrogen, Low Progesterone, Low Testosterone
Difficulty with conception	Low Estrogen, Low Progesterone, Hyperthyroidism (overactive thyroid), High Insulin, High Testosterone
Irritable	Low Estrogen, Low Progesterone, Hyperthyroidism (overactive thyroid), High Insulin (when hungry), High Testosterone
Low mood/depression	Low Estrogen, Low Progesterone, Hypothyroidism (underactive thyroid), Low Testosterone
Memory issues	Low Estrogen, High Cortisol, Hypothyroidism (underactive thyroid)
Heavy periods	Low Progesterone
Short period cycles	Low Progesterone
Feeling overwhelmed	Low Progesterone, High Cortisol, Low Cortisol
Muscle Tension	High Cortisol
Dry Skin/Nails	Low Estrogen, Hypothyroidism (underactive thyroid)
Feeling cold	Hypothyroidism (underactive thyroid)
Water retention, swelling, puffiness	Low Progesterone, Hypothyroidism (underactive thyroid)
Feeling hot/sweating	High Cortisol, Hyperthyroidism (overactive thyroid)
Unwanted hair growth	High Insulin, High Testosterone
Hair thinning	Low Estrogen, High Cortisol, Hyperthyroidism (overactive thyroid), High Insulin, High Testosterone