

BODILY CONDITIONS ROOTED IN HORMONE IMBALANCE

*Check this list for all conditions that apply to you. The total possible score is 209. Count the number of symptoms you check. The higher your score, the more likely you need to address hormone imbalances. Find out how in *The Female Hormone Journey: Lifetime Care of Your Hormones*.*

- abdominal pain
- acne
- aging process accelerated
- allergies, including asthma, hives, rashes, sinus congestion
- anemia
- anorexia
- anovulatory (no ovulation)
- anxiety
- anxious depression
- appetite loss
- asthma-like breathing
- autoimmune disorders such as lupus erythematosus, thyroiditis, and possibly Sjogren's disease
- bags under the eyes
- bladder infections
- bleeding changes
- bloating of abdomen
- blood cholesterol and/or triglyceride levels abnormal
- blood clotting increased, thus increasing risk of strokes
- blood hemoglobin low (anemia)
- blood pressure increased or high
- blood pressure low, which may fall further when standing, causing dizziness or fainting
- blood sugar high
- blood sugar low
- blood sugar, unable to balance
- blood thyroid hormone levels high
- body temperature low, feeling cold
- bone fragility
- bone lesions
- bone loss
- breast cancer
- breast tenderness
- breasts fibrocystic
- breasts gradually shrinking
- breasts painful and/or lumpy
- breasts sore, swollen
- calcium stones in the urinary tract, and sometimes in the kidney
- cataracts
- cervical dysplasia
- chest pain or shortness of breath due to decreased coronary blood flow
- cholesterol increased
- chronic aches and pains including backache and arthritis
- chronic bruising
- chronic fatigue
- cold hands and feet

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- ___ concentration poor
- ___ constipation
- ___ craving salty foods due to salt loss
- ___ dark circles under the eyes
- ___ decreased libido (sex drive)
- ___ deepening voice
- ___ depression
- ___ depression with anxiety
- ___ depression with lethargy
- ___ diarrhea
- ___ difficulty recuperating from stresses like colds or jet lag
- ___ dizziness
- ___ dry eyes
- ___ dry skin
- ___ emotional intensity
- ___ endometrial polyps
- ___ endometriosis
- ___ eyes bulging
- ___ fatigue
- ___ feeling “crazy”
- ___ feeling impatient or bossy
- ___ fine facial wrinkles due to low skin collagen and weakening of fine face muscles
- ___ foggy thinking
- ___ food and salt cravings
- ___ gallbladder disease
- ___ gallbladder problems
- ___ glucose intolerance
- ___ hair brittle
- ___ hair coarse
- ___ hair growth on female face or body
- ___ hair loss
- ___ headaches cyclical
- ___ headaches on arising but wear off
- ___ headaches, migraine
- ___ hearing impaired
- ___ heart palpitations
- ___ heat intolerant
- ___ heavy bleeding
- ___ hot flashes and/or night sweats
- ___ hunger with anxiety, trembling and sweating
- ___ hypoglycemia (low blood sugar)
- ___ immune function lowered
- ___ inability to focus
- ___ incontinence
- ___ infertility
- ___ initiative reduced
- ___ insomnia
- ___ irritability
- ___ irritable depression

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- ___ irritable, quick to anger
- ___ joint pain
- ___ lack of libido
- ___ libido problems
- ___ loss of confidence
- ___ loss of drive
- ___ loss of motivation
- ___ loss of stamina
- ___ loss of strength
- ___ loss of vim and vigor
- ___ low serum calcium
- ___ lung disorders
- ___ menarche delayed
- ___ mental sluggishness
- ___ memory lapses
- ___ memory failing
- ___ menstrual cycle irregular
- ___ menstrual cycle long
- ___ menstrual cycle short
- ___ menstrual pain
- ___ menstrual periods stopped
- ___ menstruation, early onset
- ___ menstruation, excess
- ___ metabolic rate increased
- ___ metabolism sluggish
- ___ migraine headaches
- ___ mind and body placid, feeling “lazy”
- ___ minor bleeding
- ___ miscarriage
- ___ miscarriage early in pregnancy
- ___ mood swings
- ___ muscle building difficult
- ___ muscle mass and strength loss
- ___ muscle pain
- ___ muscular strength diminished
- ___ muscular weakness
- ___ nails brittle
- ___ nails have dark lines
- ___ nails ridged
- ___ nausea
- ___ nervousness
- ___ night sweats
- ___ numbness and tingling especially around the mouth
- ___ osteoporosis
- ___ ovaries cystic
- ___ over activity
- ___ painful intercourse
- ___ panic attacks
- ___ passing clots during period

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- ___ periods irregular
- ___ periods stopped
- ___ PMS
- ___ poor muscular tone
- ___ poor sleep
- ___ premature aging
- ___ pre-menopausal bone loss
- ___ problems with memory and speech
- ___ puffiness and bloating
- ___ pulse fast at rest or over 120
- ___ pulse slow, esp. below 60 beats per minute
- ___ recurrent infections
- ___ red flush on face or sides of neck
- ___ restless
- ___ round face
- ___ salt craving
- ___ sensitivity to cold
- ___ sensitivity to heat
- ___ serum phosphorus high
- ___ severe muscle cramps, especially at night
- ___ sex drive diminished
- ___ sex drive increased
- ___ shortness of breath (due to decreased coronary artery flow)
- ___ skin becoming darker, especially on scars, skin folds and pressure points such as on elbows, knees, etc.
- ___ skin developing fine wrinkles
- ___ skin forming brown spots
- ___ skin dry and cold
- ___ skin folds beneath the eyes and jaw
- ___ skin losing elasticity, becoming saggy
- ___ sleepy during the day
- ___ sleep patterns disturbed
- ___ sluggishness
- ___ spontaneous muscle contractions, especially in the hands and feet, face, eyes, tongue and larynx
- ___ stiffness and numbness
- ___ sugar tolerance decreased
- ___ sugar tolerance increased
- ___ sugar in urine
- ___ sweating increased
- ___ swollen fingers and ankles
- ___ symptoms worsen when under stress
- ___ tearful
- ___ teeth defects
- ___ tendency to startle easily
- ___ thinning skin
- ___ thirst
- ___ tongue thick, voice guttural
- ___ tremors or trembling inwardly
- ___ twitching of eyelids and face

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- ___ ulcers
- ___ unable to focus
- ___ upper body obesity
- ___ urinary output increased
- ___ urination frequent, especially at night
- ___ uterine cancer
- ___ uterine fibroids
- ___ vaginal dryness
- ___ vaginal irritation
- ___ vaginal lubrication decreased
- ___ vomiting
- ___ vulvar disorders, increased risk of those such as lichen sclerosis
- ___ water retention
- ___ weakness
- ___ weight gain, especially in hips
- ___ weight gain, especially around your abdomen, hips, and thighs
- ___ weight gain, unexplained or rapid
- ___ weight loss difficult
- ___ weight loss, usually with increased appetite