S/S of Hormone Imbalance

	High insulin	**Low thyroid**	**High cortisol**	**Low cortisol**	**High androgen DHEA/ testosterone**	**Low androgen DHEA/ testosterone**	**Estrogen dominance**	**Est:prog deficiency**
Hot flash		**X**	**X**					**X**
Noc sweat		**X**	**X**					**X**
Vag dry						**X**		**X**
Incontinence						**X**		**X**
Foggy thinking		**X**	**X**					**X**
Memory lapse			**X**			**X**		**X**
Tearful								**X**
Depressed		**X**	**X**			**X**	**X**	**X**
Palpitations		**X**						**X**
Bone loss			**X**			**X**		**X**
Disturbed sleep		**X**	**X**					**X**
headaches		**X**				**X**	**X**	
Aches & pains		**X**		**X**		**X**		**X**
Fibromyalgia		**X**		**X**		**X**		
A.M. fatigue		**X**		**X**		**X**		
P.M. fatigue		**X**		**X**		**X**		
Allergies				**X**		**X**		
Chem. sensitivity				**X**				
Stress			**X**	**X**				
Cold body		**X**		**X**			**X**	
Sugar craving				**X**				
Triglycerides	**X**	**X**			**X**			
wgt gain in waist	**X**		**X**		**X**			**X**
Low libido		**X**				**X**		
Scalp hair loss		**X**			**X**			
Inc Facial /body hair	**X**				**X**			**X**
acne					**X**			**X**
Mood swings							**X**	
Tender breasts							**X**	
Flow changes		**X**					**X**	
nervous			**X**				**X**	
irritable			**X**		**X**		**X**	
anxious		**X**	**X**				**X**	
TOTAL								

	High insulin	**Low thyroid**	**High cortisol**	**Low cortisol**	**High androgen DHEA/ testosterone**	**Low androngen DHEA/ testosterone**	**Estrogen dominance**	**Est:prog deficiency**
Water retention							**X**	
Fibrocystic breasts							**X**	
Fibroids		**X**	**X**				**X**	
Wgt gain hips							**X**	
Dec stamina		**X**		**X**		**X**		
Dec muscle mass			**X**			**X**		
Rapid aging			**X**			**X**		**X**
Hi cholesterol	**X**	**X**						
Puffy eyes & face		**X**						
Slow pulse		**X**		**X**				
Dec sweating		**X**						
Dry / brittle hair		**X**						
Brittle nails		**X**						
Thinning skin			**X**			**X**		**X**
Infertility		**X**	**X**				**X**	**X**
Constipation		**X**						
Rapid heart beat		**X**	**X**					**X**
Hearing loss		**X**						
Goiter		**X**						
Hoarseness		**X**						
Inc urinary urge								**X**
Low blood sugar				**X**				
High BP	**X**		**X**					
Low BP				**x**				
Numb hands & feet	**x**							
TOTAL								
GRAND TOTAL								