

Symptoms of Hormone Imbalance

Estrogen Deficiency Symptoms:

- Hot flashes
- Night sweats
- Sleep disturbances
- Vaginal dryness/atrophy
- Dry skin
- Headaches
- Foggy thinking
- Memory lapses
- Heart palpitations
- Yeast infections
- Painful intercourse
- Depression
- Low libido
- Bone loss

Estrogen Excess Symptoms:

- Water retention
- Heavy, irregular menses
- Breast swelling and tenderness
- Mood swings
- Fatigue
- Craving for sweets
- Weight gain
- Fibrocystic breasts
- Uterine fibroids
- Low thyroid
- Nervousness/anxiety/irritability

Progesterone Deficiency Symptoms:

Many of the symptoms of Estrogen Excess, plus:

- Swollen breasts
- Weight gain
- Headaches
- Low libido
- Anxiety
- Mood swings
- Irregular menses
- Depression
- Cramping
- PMS
- Infertility
- Fuzzy thinking
- Acne
- Joint pain

Progesterone Excess Symptoms:

Many of the symptoms of Estrogen Deficiency, plus:

- Somnolence
- Gastrointestinal bloating
- Mild depression
- Breast swelling
- Candida

Testosterone Deficiency Symptoms:

- Fatigue, prolonged
- Mental fuzziness
- Memory problems
- Depression
- Decreased libido
- Blunted motivation
- Muscle weakness
- Diminished feeling of well being
- Heart palpitations
- Thinning skin
- Bone loss
- Vaginal dryness
- Incontinence
- General aches/pains
- Fibromyalgia

Testosterone Excess Symptoms:

- Acne
- Male-pattern hair
- Deepening of voice
- Clitoral enlargement
- Irritability/modiness
- Insomnia
- Loss of scalp hair

Symptoms of Low and High Cortisol (Adrenal Fatigue):

- Fatigue
- Allergies
- Cravings for sweets
- Irritability
- Chemical Sensitivities
- Anxiety
- Sleep disturbances
- Depression
- Low libido
- Hair loss
- Symptoms of hypothyroidism
- Symptoms of low progesterone
- Bone Loss
- Elevated triglycerides

Symptoms of Low Thyroid:

- Fatigue (especially evening)
- Low stamina
- Cold extremities
- Low body temperature
- Low libido
- Headaches
- Dry skin
- Intolerance to cold
- General aches and pains
- Weight gain
- Depression
- Anxiety
- Scalp hair loss
- Swollen, puffy eyes
- Brittle nails
- Decreased sweating
- Low pulse rate/blood pressure
- Poor concentration
- Memory lapses
- High cholesterol
- Heart palpitations
- Infertility
- Constipation
- Fibromyalgia

Symptoms of High Thyroid:

- Rapid heart rate
- Diarrhea
- Insomnia
- Weight loss
- Agitation
- Increased sweating
- Dry skin
- Heat intolerance
- Thinning skin
- Hair loss