

*Your*

# HORMONES

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TAKE THE ASSESSMENT

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# HORMONE ASSESSMENT

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Most women don't know that hormone imbalances cause them to feel yucky. Congratulations for being here to figure out your hormone status.

DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

## PART A

- Weight gain, especially around the middle?
- A feeling you're constantly racing from one task to the next?
- Feeling wired yet tired?
- Muscle weakness?
- A struggle calming down before bedtime, or a second wind that keeps you up late?
- Difficulty falling asleep or disrupted sleep?
- A feeling of anxiety or nervousness - can't stop worrying about things beyond your control?
- A quickness to feel anger or rage - frequent screaming or yelling?
- Memory lapses or feeling distracted, especially under stress - fuzzy brain?
- Sugar cravings (you need something sweet after each meal?)
- Skin conditions such as eczema or thin skin?
- Bone loss (perhaps your doctor uses scarier terms, such as osteopenia or osteoporosis)?
- High blood pressure or rapid heartbeat?
- High blood sugar (maybe your health care provider has mentioned the words pre-diabetes or even diabetes or insulin resistance) Shakiness between meals, also known as blood sugar instability?
- Indigestion, ulcers, or GERD (gastroesophageal reflux disease)?
- More difficulty recovering from physical injury than in the past?
- Unexplained pink to purple stretch marks on your belly or back?
- Irregular menstrual cycles?
- Decreased fertility?
- Poor immune function - you seem to get sick often.
- Lowered thyroid function?

## PART B

- Fatigue or burnout (you use caffeine for energy, fall asleep while reading or watching a movie or are exhausted after exercise)?
- You feel dizzy when you stand from a seated or lying down position?
- Loss of stamina, particularly in the afternoon, from two to five?
- Chronically negative?
- Crying for no particular reason?
- Dark rings under your eyes?
- Decreased problem-solving ability?
- Feeling stressed most of the time (everything seems harder than before, and you have trouble coping)?  
Decreased stress tolerance?
- Insomnia or difficulty staying asleep, especially between one and four in the morning?
- Low blood pressure (your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)?
- Difficulty fighting infection (you catch every virus you meet, particularly respiratory)? Difficulty recovering from illness or surgery or healing wounds)?
- Asthma? Bronchitis? Chronic cough? Allergies?
- Low or unstable blood sugar?
- Salt cravings?
- Excessive sweating?
- Nausea, vomiting, or diarrhea? Or loose stools alternating with constipation?
- Muscle weakness, especially around the knee? Muscle or joint pain?
- Hemorrhoids or varicose veins?
- Your blood seems to pool easily, or your skin bruises easily?
- A thyroid problem that's been treated. You feel better, and then suddenly you feel palpitations or have rapid or irregular heartbeats (a sign of low cortisol/low thyroid combo)?

## PART C

- Agitation, anxiety or PMS?
- Cyclical headaches (particularly menstrual or hormonal migraines)?
- Painful and/or swollen breasts?
- Low libido?
- Irregular menstrual cycles, or cycles becoming more frequent as you age?
- Heavy or painful periods?
- Bloating, particularly in the ankles and belly, and/or fluid retention (you gain 3 to 5 pounds or more before your period)?
- Ovarian cysts, breast cysts, or endometrial cysts (polyps)?
- Easily disrupted sleep, waking at night?
- Itchy or restless legs, especially at night?

- Increased clumsiness or poor coordination?
- Infertility or sub-fertility (you've been trying hard to conceive but haven't hit the official twelve-month mark of no conception - six months if you're thirty-five or older)?
- Miscarriage in the first trimester?

#### PART D

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in the hips, midsection and thighs?
- Increased bra-cup size or breast tenderness?
- Fibroids?
- Endometriosis, or painful periods?
- Mood swings, PMS, depression, anxiety or just irritability?
- Weepiness, sometimes over silly things?
- Mini breakdowns?
- Migraines or other headaches?
- Insomnia?
- Brain fog?
- A red flush on your face (or a diagnosis of rosacea)?
- Reduced sex drive?
- Gallbladder problems (or removal)?
- Fibrocystic breasts?

#### PART E

- Poor memory (you walk into a room and forget what you were going to do, or draw a blank mid-sentence)?
- Emotional fragility, especially compared with how you felt ten years ago?
- Depression, perhaps with anxiety or day-long fatigue?
- Wrinkles?
- Night sweats or hot flashes?
- Reduced stamina?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Sagging breasts, and loss of fullness?
- Lessened self image and attention to appearance?
- Sun damage more obvious, even glaring, on your chest, face, and shoulders?

- Increased back and joint pains?
- Recent injuries, particularly to wrists, shoulders, lower back, or knees?
- Loss of interest in exercise?
- Bone loss?
- Vaginal dryness, irritation, or loss of feeling?
- Lack of moisture everywhere (dry eyes, dry skin, dry clitoris)?
- Low libido?
- Painful sex?

#### PART F

- Excess hair on your face, chest, or arms?
- Acne?
- Greasy skin and/or hair?
- Thinning hair on your head?
- Areas of dark, velvety skin discoloration in body folds and creases?
- Skin tags, especially on your neck and upper body? (Small, flesh-colored growths on the skin surface, usually a few millimeters in size, and smooth. They are usually noncancerous and develop from friction, such as around bra straps. They do not change or grow over time.)
- Hyperglycemia or hypoglycemia and/or unstable blood sugar?
- Insulin resistance?
- Reactivity and/or irritability, or excessively aggressive?
- Depression? Anxiety?
- Menstrual cycles occurring more than every thirty-five days?
- Ovarian cysts?
- Midcycle pain?
- Infertility? Or sub-fertility?
- Polycystic ovary syndrome?

#### PART G

- Hair loss including the outer third of your eyebrows and/or eyelashes?
- Dry skin?
- Dry, straw-like hair that tangles easily?
- Thin, brittle fingernails?
- Fluid retention or swollen ankles?
- An additional few pounds, or 20, that you just can't lose?
- High cholesterol?
- Tend towards constipation - bowel movements less than once a day, or you feel you don't completely evacuate?
- Recurrent headaches?

- Decreased sweating?
- Muscle or joint aches or poor muscle tone (you became an old lady overnight)?
- Tingling in your hands or feet?
- Cold hands and feet? Cold intolerance? Heat intolerance?
- A sensitivity to cold (you're always wearing layers)?
- Slow speech, perhaps with a hoarse or halting voice?
- A slow heart rate, or bradycardia (fewer than 60 beats per minute, and not because you're an athlete)?
- Lethargy (you feel like you're moving through molasses)?
- Fatigue, particularly in the morning?
- Slow brain, slow thoughts? Difficulty concentrating?
- Sluggish reflexes, diminished reaction time, even a bit of apathy?
- Low sex drive, and you're not sure why?
- Depression or moodiness (the world is not rosy as it used to be)?
- A prescription for the latest antidepressant but you're still not feeling like yourself?
- Heavy periods or other menstrual problems?
- Infertility or miscarriage? Preterm birth?
- An enlarged thyroid/goiter? Difficulty swallowing? Enlarged tongue?
- A family history of thyroid problems?

#### PART H

- I gain weight mostly around my abdomen?
- My waist to hip ratio is greater than .8? (Measure your waist just below your ribs, measure your hips over your buttocks and then do the quick equation waist measurement/hip measurement)
- I struggle not eating for periods of time because I experience low blood sugar, shakiness, irritability or dizziness?
- Elevated blood pressure?
- You crave sugar?
- Dark velvety skin patches on the back of your neck, groin and armpits?
- You have skin tags?
- You have struggled with weight loss?
- You have a fatty liver?
- Some people in your immediate family have diabetes or pre-diabetes (parents, grandparents, aunts/uncles, siblings)

## Scoring Your Results

**A. high cortisol** (you can have low and high cortisol, even on the same day)

5 or more symptoms: high cortisol is very likely!

3-4 symptoms: you have hormone imbalance that needs to be addressed

< 3: you may want to investigate this a bit more.

**B. low cortisol** (you can have low and high cortisol, even on the same day)

5 or more symptoms: probably low in cortisol

< 5: pay attention to the symptoms you have and notice how to better support yourself.

**C. low progesterone and progesterone resistance**

> 5 symptoms: most likely low in progesterone

3-4 symptoms: address your hormone imbalances, especially stress levels

<3 symptoms: not as much of a concern, but continue paying attention.

**D. excess estrogen**

> 5 Likely too high in estrogen. Be sure to check for xenoestrogens (endocrine disruptors) that you may be exposed to that are super potent estrogen mimickers in makeup, plastics, non-organic food, sunscreen, building supplies, insecticides, household cleaning products, anything with "fragrance" in it, nail polish removers, most nail polish.

3+ symptoms: probably too high in estrogen still.

**E. low estrogen**

> 5: probably low in estrogen

3+: you are likely still low in estrogen

Many women with PCOS and post menopause have LOW estrogen levels.

**F. excess androgens**

3+ likely high in androgens

< 3 you may have high androgen levels

Learn how to better manage your androgen levels by making the right lifestyle choices.

### G. low thyroid

> 5: you most likely have a thyroid problem.

3-5: you may have a thyroid problem.

Your thyroid responds to many things going on in the body so you want to make sure you've detoxed, supported adrenal function and digestion and are giving your body the fuel (in the form of food and nutrients) it requires to function properly. Then retake this assessment to see where you stand, and if some of these symptoms are still there, then do testing for TSH, Free T3, Free T4, reverse T3, and the two thyroid antibodies TPO, thyroid peroxidase and TAA, antithyroglobulin antibodies to rule out an autoimmune condition.

### H. insulin resistance

2+ symptoms: you most likely have insulin resistance.

Many women do not think they have insulin resistance, but that's just not the case. It's quite common despite what your doctor may tell you. Do a fasting insulin blood test - above 5.4 you have some form of insulin resistance. Many women have normal blood sugar and even normal HA1c levels but their fasting insulin is NOT normal, so be sure to test fasting insulin along with fasting blood sugar and hemoglobin A1c, HA1c.