



Hormone Imbalance Quiz



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Instructions for taking the quiz

Hormones can be confusing and feel very overwhelming. This quiz is designed to help you figure out where to start. If you KNOW you don't quite feel normal, but aren't sure what is going on with your hormones, lets get some answers!

To help you find out which hormone imbalances may be causing you to feel out of whack, give yourself one point for each symptom you are experiencing and add up the scores in each category.

If you scored in the PINK range, then that hormone imbalance is probably not the problem for you.

If you scored in the BLUE range, then this hormone imbalance is probably causing your symptoms but you may be able to fix the problem with lifestyle changes.

If you scored in the RED zone, then this hormone imbalance is probably a big problem for you. You definitely should work on lifestyle changes, but you may need to get help from a health care practitioner who is skilled in natural hormone balance to help you get back to feeling like yourself again. This is NOT normal and you don't have to accept these symptoms. Remember, you deserve to LOVE the way you feel!

Each column is totaled and scored independantly.

Low Progesterone




- PMS
- Early miscarriage
- Unexplained weight gain
- Anxiety
- Insomnia
- Painful and/or lumpy breasts
- Cyclical headaches
- More irritable
- Heavy Bleeding
- Infertility
- Night Sweats
- Headaches with Periods
- Mood Swings
- Irregular Periods




High Testosterone




- Acne
- Excessive hair on the face and arms
- Thinning hair on the head
- Ovarian cysts
- Hypoglycemia and/or unstable blood sugar
- Infertility
- Mid-cycle pain
- Oily skin
- Oily hair
- Body odor
- Anger issues
- Salt / Sugar cravings
- Easily perspire
- Irregular periods

Low Estrogen

- Vaginal dryness
- Bladder infections
- Painful intercourse
- Hot flashes
- Night sweats
- Memory problems
- Lethargic depression
- Frequent urination
- Weight gain
- More tired
- Dry scratchy skin
- Dry eyes
- infrequent light periods
- Increased facial hair

 <4  4-6  >6

 <3  3-6  >6

 <4  4-6  >6

Low Androgen

- Lack of interest in sex
- Lack of motivation
- Less confident
- Less competitive drive
 - Loss of muscle tone
- Vaginal dryness
- Painful intercourse
- Urinary leakage
- Decisions are tough
- Saggy skin
- Tired
- Depressed

High Estrogen

- Puffiness and fluid retention
- Rapid weight gain
- Mood swings
- Anxious depression
- Insomnia
- Red flush on face
- Weepiness
- Breast tenderness
- Heavy bleeding
- Migraine headaches
- Foggy thinking
- Bloating

 <4  4-6  >6

 <4  4-6  >6

Low Thyroid

- Hoarse voice
- Low blood pressure
- Difficulty forming thoughts
- Often tired
- Insomnia
- Joint pain
- Pasty and pale skin
- Slow pulse rate
- Periods of depression
- High cholesterol
- Cold hands and feet
- Muscle aches
- Sleep apnea
- Difficult to lose weight
- Scalp hair loss
- Dry skin
- Itchy skin in the winter
- Recurrent headaches
- Tongue enlarged
- Temperature below 98.6°F
- Reduced body hair
- Puffy Face
- Eyelids swollen
- Constipation
- Cold sensitive
- Non restful sleep
- Infertility or miscarriages
- Tired in the afternoon?
- Fluid retention
- Tingling in your hands and feet
- Eyebrows and eyelashes thinning
 - Sweat less than you used to
- More susceptible to infection

<5 5-14 >14

Stress / Cortisol Imbalance

- Hard time waking in the morning
- Drop in energy in the late afternoon
- Hair loss
- Low blood pressure
- Feel like passing out when stand up quickly
- Recurrent infections
- Emotional stress
- Loss of sex drive
- Sensitive to light
- Sensitive to noise
- Panic attacks
- Crave salt
- Need caffeine to make it through the day
- No longer enjoy things you used to enjoy
- More difficulty coping with stress
- Feel tired after exercising
- Crave Sugar

<4 4-6 >6

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