

HORMONE IMBALANCE QUESTIONNAIRES

PART A - DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- A feeling you're constantly racing from one task to the next?
- Feeling wired yet tired?
- 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 duress?
- Sugar cravings (you need “a little something” after each meal, usually of the chocolate variety)?
- Increased abdominal circumference, greater than 35 inches (the dreaded abdominal fat, or muffin top—not bloating)?
- Skin conditions such as eczema or thin skin (sometimes physiologically and psychologically)?
- Bone loss (perhaps your doctor uses scarier terms, such as osteopenia or osteoporosis)?
- High blood pressure or rapid heartbeat (unrelated to those cute red shoes in the store window)?

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- High blood sugar (maybe your clinician has mentioned the words prediabetes or even diabetes or insulin resistance)? or 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?

Total Part A Results

Part A: High Cortisol

This is by far the most common hormone imbalance affecting modern women.

Five or more of these symptoms:

Red alert! Chances are that you are high in cortisol.

Three or four: You may need to address this hormone imbalance.

Fewer than three or unsure: You may consider testing your cortisol levels

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PART B - DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- Fatigue or burnout (you use caffeine to bolster your energy, or fall asleep while reading or watching a movie)?
- Loss of stamina, particularly in the afternoon, from two to five?
- An atypical addiction to a negative point of view?
- Crying jags for no particular reason?
- Decreased problem-solving ability?
- Feeling stressed most of the time (everything seems harder than before, and you have trouble coping)? or Decreased stress tolerance?
- Insomnia or difficulty staying asleep, especially between one and four in the morning?
- Low blood pressure (not always a good thing, since your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)?
- Postural hypotension (you stand up from lying down and feel dizzy)?
- 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?

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PART B - DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- Salt cravings?
- Excess sweating?
- Nausea, vomiting, or diarrhea? Or loose stool 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 suddenly you feel palpitations or have rapid or irregular heartbeats (a sign of a low cortisol/low thyroid combo)?

Total Part B Results

Part B: Low Cortisol

Remember, you can have both high and low cortisol—even on the same day, within a twenty-four-hour period.

Five or more symptoms: You are likely low in cortisol.

Fewer than five symptoms: Consider checking your cortisol level, in either your blood or your saliva. Most mainstream doctors don't look for gradations in adrenal problems, which is what low cortisol is.

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PART C - DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in the hips and butt?
- Increased bra-cup size or breast tenderness?
- Fibroids?
- Endometriosis, or painful periods? (Endometriosis is when pieces of the uterine lining grow outside of the uterine cavity, such as on the ovaries or bowel, and cause painful periods.)
- Mood swings, PMS, depression, or just irritability?
- Weepiness, sometimes over the most ridiculous things?
- Mini breakdowns? Anxiety?
- Migraines or other headaches?
- Insomnia?
- Brain fog?
- A red flush on your face (or a diagnosis of rosacea)?
- Gallbladder problems (or removal)?

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PART C - DO YOU HAVE OR HAVE YOU
EXPERIENCED IN THE
PAST SIX MONTHS...

Total Part C Results

Part C: Excess Estrogen

Wherever you fall on the spectrum, you should become more aware of your possible exposure to xenoestrogens.

Five or more of these symptoms:

Probably high in estrogen. Estrogen dominance affects 80 percent of women over thirty-five.

Three or more symptoms: High estrogen is a significant possibility.

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PART D - DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- Poor memory (you walk into a room to do something, then wonder what it was, or draw a blank mid-sentence)?
- Emotional fragility, especially compared with how you felt ten years ago?
- Depression, perhaps with anxiety or lethargy (or, more commonly, dysthymia: low-grade depression that lasts more than two weeks)?
- Wrinkles (your favorite skin cream no longer works miracles)?
- Night sweats or hot flashes?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Droopy breasts, or breasts lessening in volume?
- Sun damage more obvious, even glaring, on your chest, face, and shoulders?
- Achy joints (you feel positively geriatric at times)?
- Recent injuries, particularly to wrists, shoulders, lower back, or knees?
- Loss of interest in exercise?
- Bone loss?

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PART D - DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- Vaginal dryness, irritation, or loss of feeling (as if there were layers of blankets between you and the now-elusive toe-curling orgasm)?
- Lack of juiciness elsewhere (dry eyes, dry skin, dry clitoris)?
- Low libido (it's been dwindling for a while, and now you realize it's half or less than what it used to be)?
- Painful sex?

Total Part D Results

Part D: Low Estrogen

Most women don't notice a significant drop in estrogen until their forties or even fifties.

Five or more of these symptoms:

You are probably low in estrogen.

Three or more:

There's a good chance you are low in estrogen.