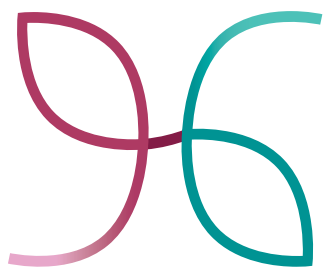


# HORMONE CODE QUIZ



HEALTH  
OVER ALL

Check off all that apply to you. At the end of each section give yourself a score. Don't be surprised if you score high in more than one category as you can have more than one hormone imbalance at the same time.

### SECTION 1

- Breast tenderness especially in the second half of your cycle \_\_\_\_\_
  - I carry extra weight, especially in my hips and thighs \_\_\_\_\_
  - I experience foggy thinking \_\_\_\_\_
  - The week before my period my breasts swell and I become bloated \_\_\_\_\_
  - My periods are extremely clotted and can be painful \_\_\_\_\_
  - My mood is often low, or irritable. I lack patience \_\_\_\_\_
  - I experience big mood swings that I cannot control \_\_\_\_\_
  - My sleep isn't great \_\_\_\_\_
  - I get frequent yeast infections \_\_\_\_\_
- / 9

### SECTION 2

- I experience constipation especially the week before my period \_\_\_\_\_
  - I experience weight gain unrelated to diet, tends to be all over \_\_\_\_\_
  - I have an insensitivity to cold \_\_\_\_\_
  - I feel more fatigued than usual especially week before my period \_\_\_\_\_
  - I have very long periods (7-10 days) \_\_\_\_\_
  - My face is puffy \_\_\_\_\_
  - My hands and feet are always cold \_\_\_\_\_
  - I can sleep all of the time \_\_\_\_\_
  - My eyebrows are thinning \_\_\_\_\_
- / 9

### SECTION 3

- I experience irritability the week before my period \_\_\_\_\_
  - I experience weight gain around my abdomen only \_\_\_\_\_
  - I am tired and wired. Exhausted during the day but wide awake when I get into bed \_\_\_\_\_
  - The week before my period situations that don't normally bother me irritate me \_\_\_\_\_
  - My period is inconsistent, comes at different times every month \_\_\_\_\_
  - I feel dizzy if I stand up too quickly \_\_\_\_\_
  - I have trouble falling asleep and staying asleep \_\_\_\_\_
  - I tend to get sick all of the time \_\_\_\_\_
  - I get headaches frequently, not related to my cycle \_\_\_\_\_
- / 9



**SECTION 4 (LOW ESTROGEN)**

- I haven't had a period in months \_\_\_\_\_
- I experience weight gain in my abdomen and breasts \_\_\_\_\_
- I am experiencing memory lapses that are starting to concern me \_\_\_\_\_
- I am very irritable all of the time/ quick to snap on loved ones \_\_\_\_\_
- I have trouble falling asleep and staying asleep \_\_\_\_\_
- I am experiencing vaginal dryness or irritation \_\_\_\_\_
- I experience hot flashes and/or night sweats \_\_\_\_\_
- I have little or no desire for sex \_\_\_\_\_
- I have frequent urinary tract infections \_\_\_\_\_

/ 9

**SECTION 5 (LOW PROGESTERONE)**

- I experience anxiety and irritably before my period \_\_\_\_\_
- I experience weight gain before my period \_\_\_\_\_
- I tend to get headaches before my period \_\_\_\_\_
- I can fall asleep but I can't stay asleep \_\_\_\_\_
- I experience sugar cravings, especially before my period \_\_\_\_\_
- I experience insomnia especially the week before my period \_\_\_\_\_
- My periods are extremely heavy and sometimes come 2 times per month \_\_\_\_\_
- I get spotting before my period or mid cycle \_\_\_\_\_
- I get night sweats, especially before my period \_\_\_\_\_

/ 9

**SECTION 6 (HIGH PROGESTERONE)**

- I often skip my periods, can go months without one \_\_\_\_\_
- I put on weight without changing anything, and I cannot lose \_\_\_\_\_
- I have excessive hair growth on my face and arms \_\_\_\_\_
- I have acne, often cystic \_\_\_\_\_
- I sleep well, especially if I snack before bed \_\_\_\_\_
- I have been told I have ovarian cysts \_\_\_\_\_
- I often feel irritable ("hangry") if I haven't eaten in a while \_\_\_\_\_
- When I have a period it often has lots of clots \_\_\_\_\_
- I build muscle easily, but it does not help me lose weight \_\_\_\_\_

/ 9



### **If you scored highest in Section 1= Estrogen Dominance**

This typically happens when we have a poor breakdown and elimination of our estrogen. This can occur when our livers are not functioning optimally, use of oral contraceptives, exposure to estrogen-mimicking chemicals. Treating this hormone imbalance is important to treat as excess estrogen can cause breast cysts, ovarian cysts, fibroids, and is a risk factor for cancers.

### **If you scored highest in Section 2= Low Thyroid Function**

An underactive thyroid is a very common hormonal imbalance in women. When our thyroid slows down, so does every other organ and system in our body resulting in a slew of symptoms. Chronic stress is a very common cause as our thyroid and adrenals work intricately together, you may experience some high cortisol symptoms as well. Inflammation, nutritional deficiencies, food intolerances, and environmental toxins are all common causes.

### **If you scored highest in Section 3= Adrenal Dysfunction**

We see high cortisol (our stress hormone) when we are exposed to excess stressors. When our bodies are under a constant state of stress, our cortisol levels will be elevated. Our adrenals feel the effects as they are constantly pumping out cortisol, leading to our adrenals becoming fatigued. This leads to chronically low, or chronically high cortisol levels that eventually messes with the way that all of our other hormones function.

### **If you scored highest in Section 4= Low Estrogen**

This hormone imbalance often comes with perimenopause and menopause but can also occur around pregnancy and while on oral contraceptives. This can cause an array of uncomfortable symptoms and mood changes. It can also increase risk of a number of chronic diseases such as heart disease, low bone density and dementia.

### **If you scored highest in Section 5= Low Progesterone**

A very common hormonal imbalance in women over 35 through to menopause, it is a hormone that naturally declines with age. Again, prolonged periods of stress will also hurt our progesterone levels. As progesterone and cortisol are made from the precursor hormone, when we run stressed cortisol will overtake the production of progesterone. Combine low progesterone with estrogen dominance and this can amplify those mentioned possible causes.

### **If you scored highest in Section 6= High Androgens**

We see high androgens mainly with polycystic ovarian syndrome. Excessive circulating androgens can cause acne, weight gain, excessive and abnormal hair growth, and menstrual irregularities.

