

Female Hormone, Adrenal and Thyroid Hormone Balance Quiz



Tick each symptom based on severity. The same symptom may occur in more than one group. Where you have checked two or more boxes as “moderate” or “severe” in any group, it is likely that you have the hormone imbalance represented by that group. It is recommended to assess your hormone levels with pathology testing. This quiz was developed by a premier compounding association. Hormone balance can be achieved with pharmaceutical HRT, bio-identical hormones or herbal medicine. Please consult with your health care professional.

ESTROGEN DEFICIENCY SYMPTOMS	No	Moderate	Severe
Hot Flashes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Disturbances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foggy Thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Palpitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Painful Intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Night Sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaginal Dryness/Atrophy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Lapses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yeast Infections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone Loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ESTROGEN EXCESS SYMPTOMS	No	Moderate	Severe
Water Retention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breast Swelling & Tenderness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Craving for Sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fibrocystic Breasts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uterine Fibroids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy Irregular Menses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood Swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Thyroid Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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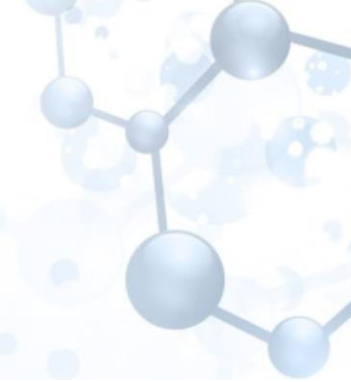
PROGESTERONE DEFICIENCY SYMPTOMS	No	Moderate	Severe
Many of the symptoms of Estrogen Excess, including:			
Swollen Breasts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irregular Menses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cramping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Infertility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood Swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fuzzy Thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint Pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PROGESTERONE EXCESS SYMPTOMS	No	Moderate	Severe
Somnolence (sleepiness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mild Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Candida Exacerbations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gastrointestinal Bleeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breast Swelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exacerbates Symptoms of Estrogen Deficiency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TESTOSTERONE DEFICIENCY SYMPTOMS	No	Moderate	Severe
Fatigue, prolonged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decreased Libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle Weakness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Palpitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone Loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Incontinence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fibromyalgia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental Fuzziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blunted Motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diminished feeling of well being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinning Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaginal Dryness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General Aches/Pains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

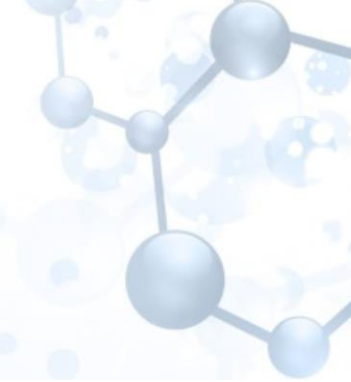
TESTOSTERONE EXCESS SYMPTOMS	No	Moderate	Severe
Acne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deepening of Voice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability/Moodiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loss of Scalp Hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Male Pattern Hair Growth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clitoral Enlargement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LOW CORTISOL SYMPTOMS	No	Moderate	Severe
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Craving for Sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Symptoms of Low Progesterone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chemical Sensitivities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Symptoms of Hypothyroidism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HIGH CORTISOL SYMPTOMS	No	Moderate	Severe
Same symptoms of low Cortisol, including:			
Bone Loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Disturbances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair Loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elevated Triglycerides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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LOW THYROID FUNCTION SYMPTOMS	No	Moderate	Severe
Fatigue, especially evenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold Extremities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General Aches & Pains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scalp Hair Loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brittle Nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Pulse Rate/Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Lapses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Palpitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Body Temperature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intolerance to Cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swollen Puffy Eyes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deceased Swelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poor concentration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Cholesterol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Infertility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fibromyalgia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

