

# The Hormone Balance Test

## Helping To Identify The Possible Underlying Causes Of Your Menopausal Symptoms

Check each symptom that applies to you

### Symptom Group 1

- PMS
- Insomnia
- Early Miscarriage
- Painful or lumpy breasts
- Unexplained weight gain
- Cyclical headaches
- Anxiety
- Infertility

Total Checked \_\_\_\_\_ / 8 calculate % \_\_\_\_\_

### Symptom Group 2

- Vaginal dryness
- Night sweats
- Painful intercourse
- Memory problems
- Bladder infections
- Lethargic depression
- Hot flashes

Total Checked \_\_\_\_\_ / 7 calculate % \_\_\_\_\_

### Symptom Group 3

- Puffiness and bloating
- Cervical dysplasia (abnormal pap smear)
- Rapid weight gain
- Breast tenderness
- Mood swings
- Heavy bleeding
- Anxious depression
- Migraine headaches
- Insomnia
- Foggy thinking
- Red flush on face
- Gallbladder problems
- Weepiness

Total Checked \_\_\_\_\_ / 13 calculate % \_\_\_\_\_

### Symptom Group 4

This group is a combination of the symptoms in groups 1 and 3. If you've checked two or more in each of these two groups, you may belong to this group.

Total Checked \_\_\_\_\_

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## Symptom Group 5

- Acne
- Polycystic ovary syndrome
- Excessive hair on the face and arms
- Hypoglycemia and /or unstable blood sugar
- Thinning hair on the head
- Infertility
- Ovarian cysts
- Midcycle pain

Total Checked \_\_\_\_\_ / 8 calculate % \_\_\_\_\_

## Symptom Group 6

- Debilitating fatigue
- Unstable blood sugar
- Foggy thinking
- Low blood pressure
- Thin and/or dry skin
- Intolerance to exercise
- Brown spots on face

Total Checked \_\_\_\_\_ / 7 calculate % \_\_\_\_\_

**Answer Key:** the symptom groups above with the highest percentages should be addressed

### Symptom Group 1 - Progesterone deficiency.

This group signals a deficiency in progesterone.

### Symptom Group 2 - Estrogen deficiency.

This group signals a deficiency or the wrong type of estrogen.

### Symptom Group 3 - Excess Estrogen.

This group signals excess estrogen, or the wrong type of estrogen which is toxic.

### Symptom Group 4 - Estrogen dominance.

This is when there's too much estrogen compared to the amount of progesterone.

### Symptom Group 5 - Excess Androgens.

This is when the testosterone is higher than progesterone.

### Symptom Group 6 - Cortisol deficiency.

This group shows adrenal stress, burnout.

Give us a call for dietary & nutritional supplements  
to address your menopausal symptoms