

The Hormone Balance Test  
(from J.R. Lee, D. Zava and V. Hopkins. 2002)

Read carefully through the list of symptoms in each group, and put a check mark next to each symptom that you have.

In any group where you have two or more symptoms checked off, there's a good chance that you have the hormone imbalance represented by that group.

Symptom Group 1. Progesterone Deficiency.

- PMS
- Insomnia
- Early miscarriage
- Painful and/or lumpy breasts
- Unexplained weight gain
- Cyclical headaches
- Anxiety
- Infertility

Symptom Group 2. Estrogen deficiency.

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

Symptom Group 3. Excess estrogen.

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

Symptom Group 4. Estrogen dominance.

- A combination of the symptoms in groups 1 and 3.

Symptom Group 5. Excess androgens.

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

Symptom Group 6. Cortisol deficiency.

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