

## Take the Hormone Balance Test - Find Out if Your Symptoms Are Due to a Hormonal Imbalance

By John R. Lee, M.D., Dr. David Zava and Virginia Hopkins

1. Read carefully through the list of symptoms in each group, and put a check mark next to each symptom that you have. (If you check off the same symptom in more than one group, that's fine.)
2. Go back and count the check marks in each group. 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.
3. The more symptoms you check off, the higher the likelihood that you have the hormone imbalance represented by that group. (Some people may have more than one type of hormonal imbalance.)
4. Go to the Analysis Section.

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[http://www.johnleemd.com/store/resource\\_hormonetest.html](http://www.johnleemd.com/store/resource_hormonetest.html)

### HORMONE BALANCE TEST FOR **WOMEN**

#### **SYMPTOM GROUP 1**

PMS     Insomnia     Early miscarriage     Painful and/or lumpy breasts

Unexplained weight gain     Cyclical headaches     Anxiety     Infertility

**TOTAL BOXES CHECKED – Group 1**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

#### **SYMPTOM GROUP 2**

Vaginal dryness     Night sweats     Painful intercourse     Memory problems

Bladder infections     Lethargic depression     Hot flashes

**TOTAL BOXES CHECKED – Group 2**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)



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**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     Weepines

**TOTAL BOXES CHECKED – Group 3**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

**SYMPTOM GROUP 4**

- A combination of the symptoms in #1 and #3

**SYMPTOM GROUP 5**

- 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     Mid-cycle pain

**TOTAL BOXES CHECKED – Group 5**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

**SYMPTOM GROUP 6**

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

**TOTAL BOXES CHECKED – Group 6**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

Please Note: The information contained in this Hormone Balance Test is not intended to replace a one-to-one relationship with a qualified health care professional, and is not intended as medical advice, but as guidelines for determining the underlying cause of your symptoms. You are encouraged to make your health care decisions in partnership with a qualified health care professional.



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**ANALYSIS: WOMEN:**

**1. SYMPTOM GROUP 1**

**Progesterone deficiency:** This is the most common hormone imbalance among women of all ages. You may need to change your diet, get off of synthetic hormones (including birth control pills), and you may need to use some progesterone cream. Try saliva testing for progesterone and estradiol.

**2. SYMPTOM GROUP 2**

**Estrogen deficiency:** This hormone imbalance is most common in menopausal women; especially if you are petite and/or slim. You may need to make some special changes to your diet; take some women's herbs; and some women may even need a little bit of natural estrogen (about one-tenth the dose prescribed by most doctors). (November 1998, pages 1-3) And try saliva testing for estradiol.

**3. SYMPTOM GROUP 3**

**Excess estrogen:** In women, this is most often solved by getting off of the conventional synthetic hormones most often prescribed by doctors for menopausal women.

**4. SYMPTOM GROUP 4**

**Estrogen dominance:** This is caused when you don't have enough progesterone to balance the effects of estrogen. Thus, you can have low estrogen but if you have even lower progesterone, you can have symptoms of estrogen dominance. Many women between the ages of 40 and 50 suffer from estrogen dominance. Try saliva testing for Female/Male Saliva Profile I or just test for progesterone and estradiol.

**5. SYMPTOM GROUP 5**

**Excess androgens** (male hormones): This is most often caused by too much sugar and simple carbohydrates in the diet and is often found in women who have polycystic ovary syndrome (PCOS). And try saliva hormone testing for progesterone, estradiol and testosterone.

**6. SYMPTOM GROUP 6**

**Cortisol deficiency:** This is caused by tired adrenals, which is usually caused by chronic stress. If you're trying to juggle a job and a family, chances are good you have tired adrenals. There's are great chapters on restoring your adrenal function in both the Menopause and the PREmenopause books, as well as in the July 1998 John R Lee, M.D. Medical Letter. And try saliva hormone testing for the Adrenal Function or one of the individual Cortisol tests.



HORMONE BALANCE TEST FOR [MEN](#)

**SYMPTOM GROUP 1**

Weight loss    Enlarged breasts    Loss of muscle    Lower stamina  
 Lower sex drive    Softer erections    Fatigue    Gallbladder problems

**TOTAL BOXES CHECKED – Group 1**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

**SYMPTOM GROUP 2**

Hair loss    Headaches    Prostate enlargement    Breast enlargement  
 Irritability    Weight gain    Puffiness/bloating

**TOTAL BOXES CHECKED – Group 2**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

**SYMPTOM GROUP 3**

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

**TOTAL BOXES CHECKED – Group 3**

(If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

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## ANALYSIS: MEN

### 1. SYMPTOM GROUP 1

**Testosterone deficiency:** This is most common in men over the age of fifty, and can be remedied with special nutritional supplements; increased muscle-building exercise; and supplemental hormones including (natural) testosterone, progesterone, and DHEA. You can find details in Dr. Lee's booklet, Hormone Balance For Men. It is also recommended that you get a saliva hormone test to find out which hormone(s) would be best for you. A basic set of baseline tests for men would include testosterone, DHEA, estrogen and progesterone through a saliva test. It may also be helpful to measure morning and evening cortisol by saliva test, and SHBG (Sex Hormone Binding Globulin) by blood spot test.

### 2. SYMPTOM GROUP 2

**Excess estrogen:** In men, excess estrogen can be balanced with one of the male hormones and changes in diet and lifestyle. You can read about this in detail in Dr. Lee's booklet, Hormone Balance for Men. It is also recommended that you get a saliva hormone test to pinpoint your hormone balance more exactly.

### 3. SYMPTOM GROUP 3

**Cortisol deficiency:** This is caused by tired adrenals, which is usually caused by chronic stress. If you're trying to juggle a job and a family, chances are good you have tired adrenals. There's are great chapters on restoring your adrenal function in both the Menopause and the PREmenopause books, as well as in the July 1998 John R Lee, M.D. Medical Letter. And try saliva hormone testing for the Adrenal Function or one of the individual Cortisol tests.

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