

Your Hormone Balance Inventory

		0	5	10	15	20
		None	Slightly	Moderate	Severe	Extreme
Progesterone						
If your score is between 20 and 30 in the section you may be deficient in progesterone.	Difficulty Concentrating					
	Moodiness/Emotional Swings					
	Depressed or Unhappy					
	Anxious					
	Headaches					
	Can't Sleep (Insomnia)					
	Painful or Swollen Breasts					
	Weight Gain Bloating					
	PMS					
	Heavy cycles					
Estrogen						
If your score is between 20 and 30 in this section you may be deficient in estrogen.	Night Sweats					
	Difficulty Remembering Things					
	Hot Flashes					
	Vaginal Dryness					
	Dry Hair/Skin					
	Incontinence					
	Frequent Urinary Tract Infections					
	Low Libido					
Painful Intercourse						
Testosterone						
If any item is checked in this area you may be testosterone deficient.	Loss of Libido					
	Lack of Desire to be Intimate					
	Loss of Motivation					
	Flat Mood					
	Diminished Well Being					
Blunted Emotion						
Thyroid Hormone						
If your score is between 20 and 30 you may be deficient in thyroid hormone.	Fatigue/Exhaustion					
	Cold Hands and Feet/Low Body Temp					
	Weight Gain or Inability to Lose Weight					
	Constipation					
	Depressed or Unhappy					
	Dry Skin/Nails/Hair or Hair Loss					
	Poor Concentration					
	Muscle Aches & Pains					
	Puffy Eyes/Face					
Low Libido						
Cortisol Hormone						
If your score is between 20 and 30 you may have a cortisol imbalance.	Stressed Feeling					
	Insomnia					
	Tired and wired feeling					
	Irritability					
	Shaky or lightheaded if a meal is missed					
	Frequent colds/flu					
	Anxious					
	Depressed or unhappy					
	Weight gain around waist					
	Fatigue/exhaustion					
	Food cravings					
	Aches and pains					
Chronic health problems						
Diabetes or pre-diabetes						