



Candace Burch, M.A., Hormone Health Consultant

YOUR HORMONE BALANCE

Education and counseling for hormonal health, balance and relief.

Hormone Imbalance Symptoms

Hormones rule! Without them we couldn't function on any level, because they govern our physical, mental and emotional function from the first to last moment of our lives, regulating mood, memory, mental and physical energy, libido, competitive drive, ability to reproduce and maintain strong immune defenses against disease.

Hormone imbalance affects both men and women, and is often responsible for a variety of symptoms and health concerns ranging from the merely uncomfortable to life threatening.

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|--|---|---|
| <input type="checkbox"/> mood swings | <input type="checkbox"/> vaginal dryness | <input type="checkbox"/> foggy thinking |
| <input type="checkbox"/> hot flashes | <input type="checkbox"/> heavy menses | <input type="checkbox"/> bone loss |
| <input type="checkbox"/> night sweats | <input type="checkbox"/> bleeding changes | <input type="checkbox"/> heart palpitations |
| <input type="checkbox"/> fatigue | <input type="checkbox"/> heavy periods | <input type="checkbox"/> stress |
| <input type="checkbox"/> headaches | <input type="checkbox"/> painful periods | <input type="checkbox"/> cold body temperature |
| <input type="checkbox"/> depression | <input type="checkbox"/> incontinence | <input type="checkbox"/> sugar cravings |
| <input type="checkbox"/> anxiety | <input type="checkbox"/> fibrocystic breasts | <input type="checkbox"/> increased facial |
| <input type="checkbox"/> nervous moods | <input type="checkbox"/> tender breasts | <input type="checkbox"/> Increased body hair |
| <input type="checkbox"/> irritable moods | <input type="checkbox"/> uterine fibroids | <input type="checkbox"/> scalp hair loss |
| <input type="checkbox"/> feeling teary | <input type="checkbox"/> fluid retention | <input type="checkbox"/> oily skin |
| <input type="checkbox"/> memory lapses | <input type="checkbox"/> sleep disturbances | <input type="checkbox"/> thinning skin |
| <input type="checkbox"/> can't lose weight | <input type="checkbox"/> weight gain in waist | <input type="checkbox"/> aches and pains |
| <input type="checkbox"/> decreased libido | <input type="checkbox"/> weight gain in hips | <input type="checkbox"/> fibromyalgia |

*Please note that many women are not familiar with the red flags of estrogen dominance symptoms; they deserve special attention in relation to breast cancer; they are shown in **bold** on this list.*

Hormone Imbalance Relief

If the symptoms listed above seem to describe you, then investigating further with hormone testing, consultation and balancing may be an important contribution to your quality of life. Learn more about hormone testing and hormone balance at my [website](#).

About Candace Burch, MA, Hormone Health Educator

With over 30 years of experience as a health educator, journalist and advocate, my mission is to educate and empower you to direct your own path to hormone balance using test results as a guide to viable self-care options and natural hormone therapies. In your consult we'll cover everything from lifestyle improvements in diet, sleep, exercise and stress control, to the judicious use of high quality over-the-counter support supplements and/or bioidentical hormones as needed.