

WOMEN'S HORMONES

SIGNS + SYMPTOMS GUIDE



HORMONE	PRIMARY SYMPTOMS OF DEFICIENCY	
PREGNENOLONE	• Short term memory loss • Reduced vision	• Fatigue • Joint & muscle pain
DHEA	• Exhaustion • Depression • Poor stress tolerance	• Loss of muscle tone • Decreased bone density • Low libido
TESTOSTERONE	• Depression/pessimism • Poor concentration • Low energy/stamina • Painful intercourse • Digestive issues • Reduced muscle strength	• Low libido • Joint pain • Dry skin & eyes • Small clitoris • Loss of confidence / indecisive
PROGESTERONE	• Anxiety/panic • Muscle and nerve tension • Irritability • History of infertility • Hot flashes	• Insomnia • Premenstrual breast swelling • Premenstrual abdominal bloating • Headaches
ESTROGEN	• Chronic fatigue • Depression • Low libido • Poor cognition • Hot flashes	• Urinary leakage • Vaginal dryness • Urinary tract infections • Dry, wrinkly or thinning skin • Vertical lines around mouth
CORTISOL	• Easily fatigued • Anxiety • Low stress tolerance • Depression • Poor attention and focus	• Excessive emotions • Strong salt or sugar cravings • Trouble waking up • Joint pain • Increased allergies

HOW HORMONE IMBALANCE IMPACTS YOUR HEALTH



BRAIN

Mood fluctuations, nervousness, irritability, sleep problems, fatigue, forgetfulness, headaches/migraines, hot flashes, difficulty relaxing, reduced brain volume

SKIN & HAIR

Dry skin, itchy skin, loss of volume or glow, dry/brittle hair, hair loss, hair growth in unwanted areas, vertical lines around mouth, dry eyes

CARDIOMETABOLIC

Weight gain, high cholesterol, low thyroid, insulin resistance, heart palpitations, blood pressure changes, increased risk of stroke

IMMUNE SYSTEM

Decreased immune function, autoimmune issues

JOINTS & MUSCLES

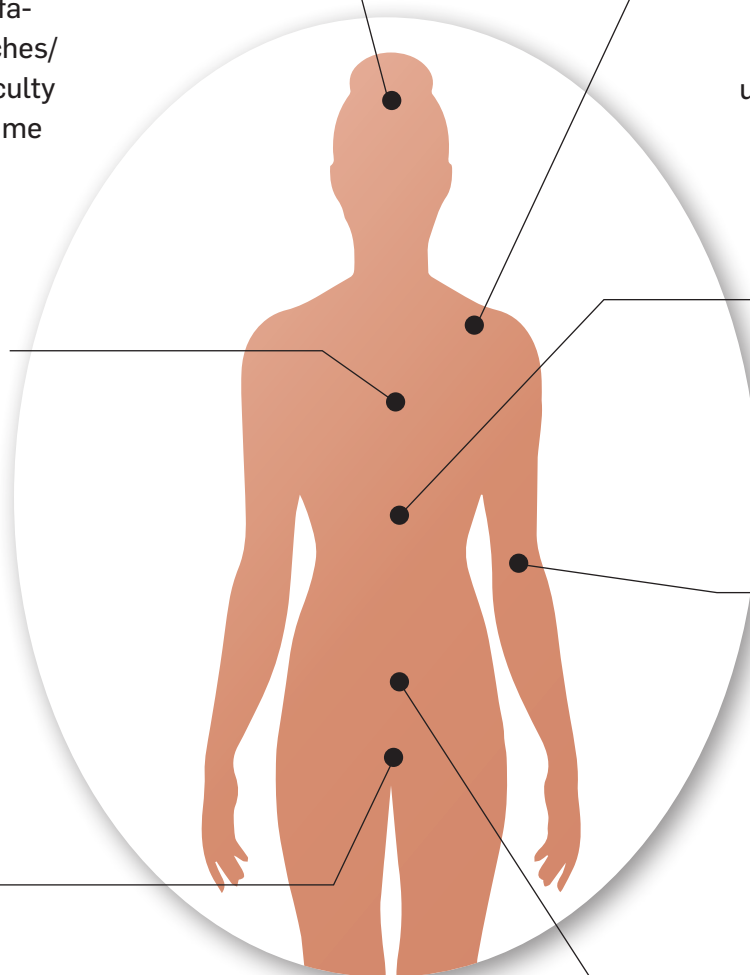
Aches and pains, flabbiness/muscle loss, muscle tightness, injuries

GENITOURINARY SYSTEM

Vaginal dryness, urinary leakage, painful intercourse, diminished sexuality, cramps, PMS, fibroids, uterine dysfunction

DIGESTION

Bloating, indigestion, constipation, diarrhea, food sensitivities, fluid retention



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