

Circle symptom(s) that you are currently experiencing...

Symptom List (Female)

Estrogen Deficiency		Estrogen Excess	
• Hot Flashes	• Sleep Disturbances	• Water Retention	• Uterine Fibroids
• Dry Skin	• Foggy Thinking	• Craving for Sweets	• Fibrocystic Breasts
• Heart Palpitations	• Painful Intercourse	• Heavy, Irregular Menses	• Fatigue
• Low Libido	• Night Sweats	• Weight Gain	• Mood Swings
• Bone Loss	• Headaches	• Low Thyroid Symptoms	
• Memory Lapses	• Yeast Infections	• Breast Swelling & Tenderness	• Nervousness / Anxiety / Irritability
• Depression	• Vaginal Dryness /Atrophy		

Progesterone Deficiency			
Many of the symptoms of Estrogen Excess, including:			
• Headaches	• Irregular Menses	• Depression	• PMS
• Cramping	• Infertility	• Fuzzy Thinking	• Joint Pain
• Acne	• Low Libido		

Progesterone Excess			
• Sleepy / Drowsy	• Mild Depression	• Breast Swelling	• Gastrointestinal Bloating
• Candida Exacerbations	• Exacerbates Symptoms of Estrogen Deficiency		

Testosterone Deficiency		Testosterone Excess		Low Thyroid Function	
• Fatigue, prolonged	• Memory Problems	• Acne		• Low Libido	• Dry Skin
• Decreased Libido	• Muscle Weakness	• Deepening of Voice		• Depression	• Brittle Nails
• Heart Palpitations	• Bone Loss	• Loss of Scalp Hair		• Memory Lapses	• Heart Palpitations
• Incontinence	• Fibromyalgia	• Clitoral Enlargement		• Constipation	• Low Stamina
• Mental Fuzziness	• Depression	• Insomnia		• Headaches	• Weight Gain
• Vaginal Dryness	• Thinning Skin	• Male-pattern Hair Growth		• Anxiety	• Infertility
• Blunted Motivation	• General Aches / Pains	• Irritability / Moodiness		• Fibromyalgia	• Cold Extremities
• Diminished Feeling of Well-being				• Poor Concentration	• Decreased Swelling
				• High Cholesterol	• Intolerance to Cold

Low Cortisol		
• Fatigue	• Crave Sweets	• Symptoms; Low Progesterone
• Allergies	• Irritability	• Symptoms; Hypothyroidism
		• Chemical Sensitivities

High Cortisol		
Same symptoms as low Cortisol , including:		
• Bone Loss	• Anxiety	• Sleep Disturbances
• Low Libido	• Depression	• Elevated Triglycerides
• Hair Loss		

• Low Body Temperature	• Low Pulse Rate / Blood Pressure
• Swollen, Puffy Eyes	• Scalp Hair Loss
• General Aches & Pains	• Fatigue (especially evening)

If you have two, or more symptoms in any category, please call (210)601-5022 for a consultation.

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