

Do you need a hormone makeover?

Because hormones affect every cell in your body, it's not surprising that hormone excesses, deficiencies or imbalances can produce some very unpleasant, debilitating and even dangerous symptoms. For example, hormones affect your cardiovascular system, central nervous system, blood sugar balance, bone density, weight and skin.

Hormones also affect brain function and mood, so hormone imbalances can impair mental sharpness, ability to focus, and short-term memory, causing you to feel as if your brain is in a fog. At the same time, mood swings, irritability, depression, and anxiety may increase, thus creating a dreadful combination! Needless to say, this perfect storm of 'out of control' hormones can be pretty rough on your career, relationships, and all other areas of your life.

The following questions can help you decide if you might need a hormone makeover....

Symptoms of Hormone Imbalance...

Progesterone Deficiency	Estrogen Deficiency	Testosterone Deficiency	Thyroid Deficiency	Cortisol Deficiency
<p><i>Physical symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Weight gain – Low body temp – Headaches – Hypothyroidism – Heart disease – Hair loss – Fluid retention – Allergies/Sinusitis – Bone loss – Sleep disturbances <p><i>Gynecological symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Breast pain/cysts – Breast cancer – PMS – Fibroids – Heavy cycles/clots – Irregular cycles – Endometriosis – Cramps – Miscarriage – Water retention – Hot flashes/Night sweats <p><i>Emotional symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Anxiety – Depression – Irritability – Tendency to be stressed easily – Low libido 	<p><i>Physical symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Hot Flashes/Night sweats – Poor memory – Insulin resistance – Bone loss – Hair loss – Dry skin /eyes/ wrinkles – Insomnia-wake up frequently – Headaches – Heart palpitations – Poor concentration – Lack of focus – Increased cholesterol – Increased blood pressure – Heart disease <p><i>Gynecological symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Lighter/no cycles – Irregular or missed cycles – Vaginal dryness – Urinary tract infections – Incontinence <p><i>Emotional symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Depression – Anxiety – Carb cravings – Low libido – Teary/Weepy 	<p><i>Physical symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Aches and pains – Thinning skin – Loss of muscle tone – Fatigue – Heart palpitations – Insomnia – Bone loss – Hot flashes – Poor memory – Weight gain – Elevated Cholesterol – Heart disease <p><i>Gynecological symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Vaginal dryness – Incontinence – Loss of pubic hair – Impaired sexual function <p><i>Emotional symptoms or related conditions:</i></p> <ul style="list-style-type: none"> – Loss of libido – Depression – Lack of motivation 	<ul style="list-style-type: none"> – Fatigue/exhaustion – Cold hands and feet – Weight gain – Memory lapse – High cholesterol – Low blood pressure – Decreased sweating – Hair loss – Aches/pain – Heart palpitations – Bone loss – Infertility – Slow pulse – Constipation – Depression – Low body temperature – Inability to lose weight – Puffy eyes – Poor concentration – Dry skin – Brittle nails – Low libido – Sleep disturbances – Hoarseness 	<ul style="list-style-type: none"> – Fatigue – Allergies – Stress – Irritability – Heart palpitations – Sugar cravings – Chemical sensitivity – Cold body temperature – Arthritis – Aches/pain
			Insulin/glucose	Excess Cortisol
		Excess Testosterone	<ul style="list-style-type: none"> – Acne/oily skin – Facial hair – Thinning scalp hair – Excess body hair – Mid-cycle pain – Pain in nipples – Ovarian cysts – Hypoglycemia – Insulin resistance – Aggression – Irritability 	<ul style="list-style-type: none"> – Sleep disturbances – Tired but wired feeling – Low libido – Cravings – Stressed feeling – Irritability – Bone loss – Loss of muscle mass – Thinning skin – Symptoms of low thyroid, estrogen, testosterone, or progesterone – Breast cancer – Headaches – Heart palpitations – Cardiovascular disease – Insomnia – Depression
Excess Testosterone				
<ul style="list-style-type: none"> – same symptoms as progesterone deficiency 				