THE HORMONE HEALTH QUIZ

CHECK ALL THAT APPLY:

- ☐ ABSENT PERIODS
- ☐ AUTOIMMUNITY
- ☐ BODY ACHES AND PAINS
- ☐ DEPRESSIVE STATES
- ☐ DIFFICULT PERIODS
- ☐ DIFFICULTY CONCEIVING
- ☐ ENDOMETRIOSIS
- ☐ ESTROGEN DOMINANCE
- ☐ FEELING EXHAUSTED ALL THE TIME
- ☐ FIBROIDS OR CYSTS
- ☐ FOOD CRAVINGS
- ☐ HOT FLASHES AND/OR NIGHT SWEATS
- ☐ JOINT PAIN
- ☐ LOW SEX DRIVE
- ☐ MISCARRIAGES
- ☐ MOOD SWINGS
- ☐ PCOS
- ☐ RESISTANT WEIGHT
- ☐ SKIN ISSUES
- ☐ TENDER BREASTS
- ☐ THINNING HAIR, HAIR LOSS, OR EXCESS HAIR
- ☐ THYROID IMBALANCE
- ☐ WATER RETENTION
- ☐ WEIGHT GAIN – ESPECIALLY BELLY, HIPS AND THIGHS

CHECK ALL THAT APPLY:

If you checked:

1-2 boxes:

You should start working on your hormonal health now, it's easier to make
changes before significant imbalances arise.

3-5 boxes:

You may be feeling signs related to hormone imbalance. If you are uncertain,
consult your doctor and ask to be tested. You should adopt a healthy lifestyle
and learn how to manage symptoms.

6+ boxes:

You may be feeling severe signs that can be helped. Consult your doctor immediately to confirm these signs are related to hormone imbalance or another condition. Ask your doctor to test your sex hormones and thyroid hormones. It may be beneficial to check stress hormones like cortisol, too!

We've been told that uncomfortable symptoms are just a normal part of "being a woman." While many of these signs are common, they are not necessarily normal. You can take control of your hormone health; ask me how. Free Discovery call

This quiz is not intended to diagnose. This quiz intends to raise awareness of hormonal imbalance so you can be informed and empowered.

Here's to your hormone health!