

SYMPTOM LISTS - FEMALE

Estrogen Deficiency

- ◆ Hot flashes
- ◆ Sleep disturbances
- ◆ Dry Skin
- ◆ Foggy Thinking
- ◆ Heart Palpitations
- ◆ Painful Intercourse
- ◆ Low Libido
- ◆ Night Sweats
- ◆ Vaginal Dryness/atrophy
- ◆ Headaches
- ◆ Memory Lapses
- ◆ Yeast Infections
- ◆ Depression
- ◆ Bone Loss

Estrogen Excess

- ◆ Water retention
- ◆ Breast swelling and tenderness
- ◆ Craving for sweets
- ◆ Fibrocystic Breasts
- ◆ Uterine Fibroids
- ◆ Nervousness/anxiety/irritability
- ◆ Heavy, irregular menses
- ◆ Fatigue
- ◆ Weight gain
- ◆ Mood Swings
- ◆ Low Thyroid symptoms

Progesterone Deficiency - *Many of the symptoms of estrogen excess, including:*

- ◆ Swollen breasts
- ◆ Headaches
- ◆ Anxiety
- ◆ Irregular menses
- ◆ Cramping
- ◆ Infertility
- ◆ Acne
- ◆ Weight gain
- ◆ Low libido
- ◆ Mood swings
- ◆ Depression
- ◆ PMS
- ◆ Fuzzy thinking
- ◆ Joint pain

Progesterone Excess

- ◆ Excessive sleepiness
- ◆ Mild depression
- ◆ Yeast infections
- ◆ Gastrointestinal bloating
- ◆ Breast swelling
- ◆ Worsens symptoms of estrogen deficiency

Testosterone Deficiency

- ◆ Fatigue, prolonged
- ◆ Memory problems
- ◆ Decreased libido
- ◆ Muscle weakness
- ◆ Heart palpitations
- ◆ Bone loss
- ◆ Incontinence
- ◆ Fibromyalgia
- ◆ Diminished feeling of well being
- ◆ Mental fuzziness
- ◆ Depression
- ◆ Blunted motivation
- ◆ Thinning skin
- ◆ Vaginal dryness
- ◆ General aches/pains



SYMPTOM LISTS - FEMALE

CONTINUED

Testosterone Excess

- ◆ Acne
- ◆ Deepening of voice
- ◆ Irritability/moodiness
- ◆ Loss of scalp hair
- ◆ Male pattern hair growth
- ◆ Insomnia

Low Cortisol

- ◆ Fatigue
- ◆ Craving for sweets
- ◆ Chemical sensitivities
- ◆ Symptoms of low progesterone
- ◆ Allergies
- ◆ Irritability
- ◆ Symptoms of Hypothyroidism

High Cortisol - *same symptoms as low cortisol including:*

- ◆ Bone Loss
- ◆ Sleep Disturbances
- ◆ Low Libido
- ◆ Anxiety
- ◆ Depression
- ◆ Hair loss
- ◆ Elevated triglycerides

Low Thyroid Function

- ◆ Fatigue (especially evening)
- ◆ Cold extremities
- ◆ Low Libido
- ◆ Dry Skin
- ◆ General aches and pains
- ◆ Depression
- ◆ Scalp hair loss
- ◆ Brittle nails
- ◆ Low pulse rate/blood pressure
- ◆ Memory lapses
- ◆ Heart palpitations
- ◆ Constipation
- ◆ Low Stamina
- ◆ Low body temperature
- ◆ Headaches
- ◆ Intolerance to cold
- ◆ Weight gain
- ◆ Anxiety
- ◆ Swollen, puffy eyes
- ◆ Decreased swelling
- ◆ Poor circulation
- ◆ High Cholesterol
- ◆ Fibromyalgia

