

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

- Somnolence
- Mild depression
- Candida exacerbations
- Gastrointestinal bloating
- Breast swelling
- Exacerbates symptoms of estrogen deficiency

Testosterone Deficiency

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

Symptoms List (Female) (cont'd)

Testosterone Excess

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

Low Cortisol

- Fatigue
- Cravings 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
- 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 concentration
- High cholesterol
- Infertility
- Fibromyalgia