

fernskinclinic

Symptom Group 1: PROGESTERONE DEFICIENCY

- PMS characterized by breast tenderness, anxiety, sleep disruptions, headaches, bloating, and water retention
- Insomnia
- Unexplained Weight Gain
- Cyclical headaches
- Miscarriage
- Anxiety
- Painful and/or Lumpy Breasts
- Infertility
- Loss of Libido
- Short Menstrual Cycle
- Difficulty Falling and Staying Asleep

Symptom Group 2: ESTROGEN DEFICIENCY

- Vaginal Dryness
- Night Sweats
- Painful Intercourse
- Memory Problems
- Bladder Infections
- Lethargic Depression
- Hot Flashes
- Fat Gain of 'Love Handles'

Symptom Group 3: EXCESS ESTROGEN

- Puffiness and Bloating
- Cervical Dysplasia
- Rapid Weight Gain
- Breast Tenderness
- Mood Swings
- Heavy Bleeding
- Anxious Depression
- Migraine Headaches
- Insomnia
- Foggy Thinking
- Red Flush on Face
- Gallbladder Problems
- Weepiness
- Fat Gain Around Hips
- PMS Characterized by acne, painful breasts, weight gain, and swelling

Symptom Group 4: ESTROGEN DOMINANCE (if greater than 4)

Add totals from 1 and 3: _____

Symptom Group 5: EXCESS ANDROGENS

- Acne
- PCOS
- Excessive Hair on Face & Arms
- Hypoglycemia/Unstable Blood Sugar
- Thinning Hair on the Head
- Infertility
- Ovarian Cysts
- Mid Cycle Pain

Symptom Group 6: CORTISOL DEFICIENCY

- Debilitating Fatigue
- Unstable Blood Sugar
- Foggy Thinking
- Low Blood Pressure
- Thin and/or Dry Skin
- Intolerance to exercise
- Brown Spots on Face

Symptom Group 7: EXCESS CORTISOL

- Hair Loss
- Absent Menses (unrelated to Menopause)
- Heart Palpitations
- Feeling Wired at Night
- Loss of Muscle Tone
- Cold hands or Feet
- Water Retention in Face
- Poor Memory or Concentration
- Loss of Libido
- Depression, Anxiety, Irritability
- High Alcohol Consumption
- Frequent Colds and Flus
- Hives, Bronchitis, Allergies
- Fat Gain Around Abdomen
- "Buffalo Hump" of fat on Upper Back
- Difficulty Building or Maintaining Muscle
- Cravings for Sweets/Carbs
- Constant Hunger
- Difficulty Falling Asleep
- Waking bw 2-4am Regularly
- Sleeping Less than 7 hrs per Night
- Irritable Bowel
- Frequent Gas and Bloating

Symptom Group 8: LOW SERATONIN

