HORMONE BALANCE TEST FOR WOMEN

Please Note: The information contained in, and the results of, this Hormone Balance Test are not intended to replace a one-to-one relationship with a qualified health care professional, and is not intended as medical advice, but as guidelines for determining the underlying cause of your symptoms. You are encouraged to make your health care decisions in partnership with a qualified health care professional.

SYMPTOM GROUP 1

☐ PMS
☐ Insomnia
☐ Early miscarriage
☐ Painful and/or lumpy breasts
☐ Unexplained weight gain
☐ Cyclical headaches
☐ Anxiety
☐ Infertility

TOTAL BOXES CHECKED _______

SYMPTOM GROUP 2

☐ Vaginal dryness
☐ Night sweats
☐ Painful intercourse
☐ Memory problems
☐ Bladder infections
☐ Lethargic depression
☐ Hot flashes

TOTAL BOXES CHECKED _______
SYMPTOM GROUP 3

☐ Puffiness and bloating
☐ Cervical dysplasia (abnormal pap smear)
☐ Rapid weight gain
☐ Breast tenderness
☐ Mood swings
☐ Heavy bleeding
☐ Anxious depression
☐ Migraine headaches
☐ Insomnia
☐ Foggy thinking
☐ Red flush on face
☐ Gallbladder problems
☐ Weepiness

TOTAL BOXES CHECKED _______

SYMPTOM GROUP 4

A combination of the symptoms in #1 and #3

TOTAL BOXES CHECKED _______

SYMPTOM GROUP 5

☐ Acne
☐ Polycystic ovary syndrome (PCOS)
☐ Excessive hair on the face and arms
☐ Hypoglycemia and/or unstable blood sugar
☐ Thinning hair on the head
☐ Infertility
- Ovarian cysts
- Mid-cycle pain

TOTAL BOXES CHECKED ______

**SYMPTOM GROUP 6**

- Debilitating fatigue
- Unstable blood sugar
- Foggy thinking
- Low blood pressure
- Thin and/or dry skin
- Intolerance to exercise
- Brown spots on face

TOTAL BOXES CHECKED ______

**HORMONE BALANCE TEST FOR MEN**

**SYMPTOM GROUP 1**

- Weight loss
- Enlarged breasts
- Loss of muscle
- Lower stamina
- Lower sex drive
- Softer erections
- Fatigue
- Gallbladder problems

TOTAL BOXES CHECKED ______

**SYMPTOM GROUP 2**
Hair loss
Headaches
Prostate enlargement
Breast enlargement
Irritability
Weight gain
Puffiness/bloating
TOTAL BOXES CHECKED _______

ANSWERS - WOMEN

1. SYMPTOM GROUP 1
   Progesterone deficiency: This is the most common hormone imbalance among women of all ages. You may need to change your diet, get off of synthetic hormones (including birth control pills), and you may need to use some herbal products to help you rebalance your hormones. This imbalance can generally be resolved relatively quickly. The symptoms are not necessary and not normal. Progesterone deficiency can cause infertility so it is important for you to address progesterone deficiency and its symptoms.

2. SYMPTOM GROUP 2
   Estrogen deficiency: This hormone imbalance is most common in menopausal women, especially if you are petite and/or slim. You may need to make some special changes to your diet, take some women's herbs to enhance estrogen production and monitor your estrogen levels using simple saliva testing.

3. SYMPTOM GROUP 3
   Excess estrogen: This is most often solved by cessation of conventional synthetic hormone therapy that is most often prescribed by doctors for menopausal women (HRT). Liver support, exercise and a reduction in the use of estrogenic chemicals in cosmetics and household cleaners is recommended.

4. SYMPTOM GROUP 4
   Estrogen dominance: This is caused when you don't have enough progesterone to balance the effects of estrogen. Thus, you can have low estrogen but if you have even lower progesterone, you can have symptoms of estrogen dominance. Many women between the ages of 40 and 50 suffer from estrogen dominance and it is very common after periods of stress. Again, it can be resolved relatively easily.

5. SYMPTOM GROUP 5
Excess androgens (male hormones): This is most often caused by too much sugar and simple carbohydrates in your diet and is often found in women who have polycystic ovary syndrome (PCOS). Again, it can generally be resolved following analysis of hormone levels using simple saliva testing. Herbal protocols as well as dietary changes generally brings excellent results.

6. SYMPTOM GROUP 6
Cortisol deficiency: This is caused by tired adrenals, which is usually caused by chronic stress. If you're trying to juggle a job and a family, chances are good you have tired adrenals. If you score highly in the Stress Rating and Adrenal Fatigue questionnaires that are also available on this website it's highly recommended that you run saliva testing to identify which stage of adrenal fatigue you have.

ANSWERS - MEN

1. SYMPTOM GROUP 1
Testosterone deficiency: This is most common in men over the age of fifty, and can be remedied with changes to diet, special nutritional supplements, increased muscle-building exercise.

2. SYMPTOM GROUP 2
Excess estrogen: In men, excess estrogen can be balanced with herbs, improved liver function, exercise and a reduction in exposure to environmental estrogens.

Please see the following page to find out how we can help!
DO YOU NEED A SALIVA HORMONE TEST?

Hormone imbalances can be relatively easily assessed in the comfort of your own home using saliva testing. If you have identified that you may have hormonal imbalances using the assessments in this document, or from the Stress Rating and Adrenal Fatigue questionnaire on this website, I highly recommend that you contact my office to enquire about the saliva testing services.

It is not normal for women to experience painful periods, PMS, mood swings, menstrual bloating, migraines and skin problems.

It is not normal for men to lose muscle mass, grow breasts, have low sex drive and lose motivation.

It is not normal for anyone to feel tired, anxious or depressed, struggle to sleep or find it hard to lose weight.

We are here to help, so please contact us via the details below so that we can help you recover optimal hormone balance and the many benefits that brings.

Email: Office@HPExperts.com

Phone: +1(424) 625-2988