

Healthy Hormones Quiz

This quiz is not designed to diagnose you. The only way to confirm a **hormone** imbalance is to **test** your **hormone** levels. Both blood **tests** and saliva **tests** are proven techniques in assessing a **hormone** imbalance. However, this quiz will give you an initial idea of what might be out of balance so you know if you need to investigate further with a health professional.

Instructions:

1. Read through the list of symptoms in each group and put a tick next to each symptom that you have experienced. (You can tick the same symptom in more than one group, that's okay)
2. Go back and count the ticks in each group. The more symptoms you tick, the higher the likelihood that you may have the hormone imbalance represented by that group. (Some people may have more than one type of hormonal imbalance)
3. If you would like to talk about your Healthy Hormones Quiz or would like some further recommendations then please get back in contact with me.

GROUP 1

- | | |
|-------------------------------------------------------|------------------------------------------------------------------------------|
| <input type="checkbox"/> Irregular periods | <input type="checkbox"/> Depression, anxiety, or mood swings |
| <input type="checkbox"/> Abdominal pain | <input type="checkbox"/> Unexplained weight gain |
| <input type="checkbox"/> Spotting between periods | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Low libido | <input type="checkbox"/> Trouble getting pregnant |
| <input type="checkbox"/> Low blood sugar | <input type="checkbox"/> Trouble staying pregnant |
| <input type="checkbox"/> Painful and/or lumpy breasts | <input type="checkbox"/> Headaches or migraines at the same time each month. |
| <input type="checkbox"/> Insomnia | |

TOTAL BOXES TICKED _____

(If you have ticked two or more boxes in this group, turn to the [results](#) to find out what type of hormonal imbalance these symptoms may be linked to)

GROUP 2

- | | |
|----------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Irregular periods | <input type="checkbox"/> Swelling and breast tenderness |
| <input type="checkbox"/> Puffiness and bloating | <input type="checkbox"/> Heavy bleeding |
| <input type="checkbox"/> Unexplained weight gain | <input type="checkbox"/> Migraine headaches |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Foggy thinking |
| <input type="checkbox"/> Anxiety and panic attacks | <input type="checkbox"/> Sleepiness or fatigue |
| <input type="checkbox"/> Trouble sleeping | <input type="checkbox"/> Feeling teary |

TOTAL BOXES TICKED _____

(If you have ticked two or more boxes in this group, turn to the [results](#) to find out what type of hormonal imbalance these symptoms may be linked to)

GROUP 3

- | | |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Painful sex due to a lack of vaginal lubrication | <input type="checkbox"/> Bladder infections |
| <input type="checkbox"/> Hot flushes | <input type="checkbox"/> Hot flushes |
| <input type="checkbox"/> Irregular or absent periods | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> An increase in urinary tract infections (UTIs) due to a thinning of the urethra | <input type="checkbox"/> Depression |
| | <input type="checkbox"/> Decreased bone density |
| | <input type="checkbox"/> Trouble concentrating |

TOTAL BOXES TICKED _____

(If you have ticked two or more boxes in this group, turn to the [results](#) to find out what type of hormonal imbalance these symptoms may be linked to)

GROUP 4

- | | |
|-------------------------------------------------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> Acne | <input type="checkbox"/> Polycystic ovary syndrome (PCOS) |
| <input type="checkbox"/> Excessive hair on the chin, lip and arms | <input type="checkbox"/> Hypoglycaemia and/or unstable blood sugar |
| <input type="checkbox"/> Thinning hair on the head | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Ovarian cysts | <input type="checkbox"/> Mid-cycle pain |

TOTAL BOXES TICKED _____

(If you have ticked two or more boxes in this group, turn to the [results](#) to find out what type of hormonal imbalance these symptoms may be linked to.)

GROUP 5

- | | |
|-----------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Aches and pains |
| <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Thin and/or dry skin | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Brown spots on face | <input type="checkbox"/> Low blood pressure |
| <input type="checkbox"/> Teeth grinding | <input type="checkbox"/> Restless legs |
| <input type="checkbox"/> Frequent infections | <input type="checkbox"/> Low stress tolerance |

TOTAL BOXES TICKED _____

(If you have ticked two or more boxes in this group, turn to the [results](#) to find out what type of hormonal imbalance these symptoms may be linked to.)

Healthy Hormones Quiz

RESULTS

1. **GROUP 1 – Symptoms of possible progesterone deficiency**

Low progesterone is one of the most common hormonal issues for women. Progesterone is the feel good hormone which also gives women increased energy, healthy looking skin and hair and an increased libido. Progesterone ripens the lining of the uterus and encourages mucus in the vagina to be released ready for intercourse. When women get pregnant their progesterone level continues to rise and progesterone helps to keep the fertilised egg in place in the uterus in the first few weeks. Therefore, low progesterone can be one factor in early term miscarriages. Progesterone helps women to feel good during their pregnancy. It also gives them that pregnancy glow and even a heightened libido.

Changes in diet and switching contraceptives to one that does not contain synthetic hormones may help. You could also speak to your health professional about bio-identical, natural progesterone options.

2. **GROUP 2 – Symptoms of possible excess oestrogen**

Oestrogens are the other main hormone group when we think of female reproductive hormones. They are one of the hormones that cause cell growth - for example, feeding the cells which form the lining in our uterus. It's why some cancers are referred to as 'oestrogen receptive'. The oestrogen is feeding the cancer cells.

Although Group 2 is called Excess Oestrogen it is largely caused by xenoestrogens (things which act like oestrogen in the body but are actually synthetic). These xenoestrogens also feed cells in our bodies and the more of them we have in our bodies the more problems may exist. Xenoestrogens have a similar chemical structure to our own oestrogen and our cells think they are the same so they let them inside the cell. I liken this to xenoestrogens and our own oestrogen having the same key that fits the lock on the front door. Xenoestrogens come from contraceptives that contain synthetic hormones such as the pill, synthetic hormone replacement therapy, plastics, as well as the endocrine-disrupting chemicals that are in personal care products, cleaning products, perfumes and air fresheners.

3. **GROUP 3 – Symptoms of possible oestrogen deficiency**

The most significant risk factor for having low oestrogen is age. As women age and approach menopause, it is normal for oestrogen levels to drop. Women who have eating disorders, such as anorexia, or who eat low fat diets are at a higher risk of having low oestrogen levels. Low levels of oestrogen can cause:

- **Irregular periods:** Oestrogen is one of the main hormones driving the menstrual cycle. Low oestrogen may lead to missed or irregular periods.
- **Infertility:** Low oestrogen levels can prevent ovulation and make getting pregnant difficult, leading to infertility.
- **Weak bones:** Oestrogen helps keep the bones healthy and strong. As oestrogen levels decrease, bone loss may occur. For example, women who are post-menopausal are at an increased risk of developing osteoporosis and bone fractures.

- **Painful intercourse:** Oestrogen can affect vaginal lubrication. If levels become too low, vaginal dryness can occur, which often leads to painful sex.
- **Hot flushes:** Hot flushes often happen during menopause due to low oestrogen levels.
- **Depression:** Oestrogen is thought to increase serotonin, which is a chemical in the brain that boosts mood. Oestrogen deficiency may cause a decline in serotonin that contributes to mood swings or depression.

Speak to your health professional about bio-identical, natural oestrogen options.

4. **GROUP 4 - Symptoms of possible excess androgens (male hormones):**

This is mostly due to lifestyle. To reduce excess androgens you may need to:

- **Maintain a healthy weight.** Weight loss can **reduce** insulin and **androgen** levels and may restore ovulation.
- **Limit carbohydrates.** Low-fat, high-carbohydrate diets might increase insulin levels.
- **Be active.** Exercise helps **lower** blood sugar levels.

5. **GROUP 5 – Symptoms of possible of possible cortisol deficiency**

Cortisol can help control blood sugar levels, regulate metabolism, help reduce inflammation, and assist with memory formulation. It has a controlling effect on salt and water balance and helps control blood pressure. In women, cortisol also supports the developing foetus during pregnancy. All of these functions make cortisol a crucial hormone to protect overall health and well-being.

Cortisol is often called the "stress hormone" because of its connection to the stress response. These days most of us are experiencing some degree of stress but when this gets out of control it can affect our adrenals. Lifestyle changes and adopting practices that reduce stress are a must but if you feel that your cortisol levels could be out of balance then speak to your health professional as low cortisol can lead to primary adrenal insufficiency or Addison disease.