KEY TO HORMONE SYMPTOMS EVALUATION

Fibrocystic Breast	1	Е	ţ	Ρ						
Weight Gain	t	Е	Ļ	Р	ţ	ΤН				
Heavy/Irregular menses	1	Е	ţ	Р						
Hot Flashes	ţ	Е	1↓	Е	ţ	Р				
Dry Skin/Hair	ţ	Е								
Anxiety	Ť	Е	ţ	Р	ţ	Е				
Depression	ţ	Е	1	Р	ţ	т	1	С	ţ	ΤН
Night Sweats	ţ	Е	↓↑	С						
Vaginal Dryness	ţ	Е	ţ	Т						
Headaches	1↓	Е	↓↑	Р	ţ	т	ţ	ΤН		
Irritability	Ť	Е	1↓	Р						
Mood Swings	1	Е	ţ	Р						
Breast Tenderness	t	Е	ţ	Р	1	Р				
Sleep Disturbances/Insomnia	ţ	Р	ţ	Е	1	Т				
Cramps	ţ	Р								
Fluid Retention	ţ	Р	1	Е						
Breakthrough Bleeding	ţ	Р								
Fatigue	ţ	Т	ţ	ΤН	1	Р	ţ	С		
Loss of Memory	ţ	Т	ţ	Е						
Bladder Symptoms	ţ	Е	ţ	Т						
Arthritis	ţ	Т	ţ	Р						
Harder to Reach Climax	ţ	Т	ţ	Е	ţ	Ρ				
Decreased Sex Drive	ţ	Т	1	Е	ţ	С	ţ	ΤН		
Hair Loss	1	Т	1↓	ΤН	↓↑	Е	↓↑	Ρ		

E=Estrogen

P=Progesterone T=Testosterone

C=Cortisol

TH=Thyroid

*=Caused by High Level

↓=Caused by Low Level

1↓=Caused by Fluctuating Levels

Represents the most common causes of symptoms, as far as Progesterone, Estrogen, Tesosterone and Thyroid only, and is not totally inclusive of all possible causes.