

Hormone Evaluation Quiz

- **Follow the instructions** in each of the 4 categories
- **Tally up** your results
- **Discover** how to interpret your symptoms
- **Learn** your next steps

CATEGORY 1

Give yourself a point if you experience any of the following on a regular basis:

- Hunger within 2 hours of eating
- Sugar cravings
- Tendency to overeat
- Uncontrollable cravings for sugar, carbs, salt, or fat
- Mood-swings
- Weight gain
- Candida (yeast overgrowth)
- Yeast Infections
- Light-headedness
- Skipping meals
- Caffeine addiction
- Grazing or snacks in excess

Total points: _____

CATEGORY 2

Give yourself a point if you experience any of the following on a regular basis:

- Anxiety, Feeling “on edge”
- Sleep issues: difficulty falling asleep, staying asleep, and/or waking up
- Feeling lethargic, tired, fatigued, and lacking energy
- Panic attacks
- Low libido
- Unwanted hair growth
- Decreased energy for exercise
- Abdominal fat gain
- Hair loss
- Premature graying
- Decreased immunity
- Hypothyroid or Hyperthyroid

Total points: _____

CATEGORY 3

Give yourself a point if you experience any of the following on a regular basis:

- Diarrhea
- Constipation
- Bloating
- Gas
- Food allergies or sensitivities, Celiac
- Acne on face, chest, back, arms, legs
- Indigestion
- Heartburn
- Skin inflammation: Eczema, Rosacea, Rashes, Hives
- Pungent odor to sweat
- Bad breath
- Bowel movements that are: dark/pale/hard/broken/loose

Total points: _____

CATEGORY 4

Give yourself a point if you experience any of the following on a regular basis:

- Heavy menses
- Pain during menses
- Menstrual irregularity
- Mid-cycle spotting
- Mid-cycle pain
- PMS: Breast tenderness, Headaches, Cravings, Bloating
- Mood swings: Nervousness, Tearfulness, Irritability, Depression
- Night sweats
- Brain fog, Memory lapses
- Unexplained Infertility
- Difficulty conceiving
- Miscarriage

Total points: _____

Understanding Each Category

Each category represents a different area of focus that could be majorly impacting your hormonal balance. Use your scores from the previous pages to discover which areas are most dominant for you and what that means for your health. Remember that even though one or more category might be the dominant issue for you, the solution is not about spot-treating those issues individually. On the next page you'll learn what your cumulative score means and the best ways of addressing these issues holistically, from the root cause.

CATEGORY 1: Blood Sugar Balance my score: _____

If you scored 3 points or higher....

➤ You're experiencing an imbalance with your body's blood sugar regulation, a very critical area that affects your overall hormonal balance. Blood sugar irregularities can: disrupt ovulation patterns, stress the adrenals, make your period irregular, decrease DHEA production and lower overall testosterone, making your sex drive worse. Your food choices are also likely affecting your digestion and exposing you to higher levels of estrogen, so it's important for you to address this issue now if you want to heal or prevent this range of symptoms from popping up.

Next steps:

➤ If you're skipping meals, stop! If you tend to reach for candy or snacks throughout the day, begin by replacing the processed options with sweet whole foods like fruit or sweet potatoes. It's important that you understand your metabolic type and how to construct your meals in order to heal the imbalance and get your blood sugar in check. You'll find out more about how to do so on the following pages.

CATEGORY 2: Adrenal Fatigue my score: _____

If you scored 3 points or higher....

➤ Your adrenal glands (the tiny gland on top of your kidneys) are majorly stressed. This causes not only an excess of stress hormones to be released by your adrenals, but over time it can also affect the abilities of your thyroid gland. (More extreme cases will have put a point next to the Hypothyroid question.) Your energy levels and sex drive is most likely less than par, and your fertility could be compromised.

Next steps:

➤ Slow down, mama! The pace you've been operating at is putting a lot of stress on your delicate adrenals and if you don't start making some lifestyle

changes soon, these symptoms will escalate. There are also certain foods and supplements that can help repair the damage already done, which we'll help you access on the next pages.

CATEGORY 3: Digestive Issues *my score:* _____

If you scored 3 points or higher....

➤ You are experiencing problems with your organs of elimination, your intestines, liver, lymphatic system, and skin, which are designed to eliminate toxins and excess hormones from your body. If they are not working properly, unneeded hormones will continue to circulate throughout your system, causes other kinds of hormonal systems listed in other categories. Both internal digestive issues (indigestion, gas, etc.) and external digestive issues (acne, skin conditions, odor, etc.) are signs that the food you're eating does not seem to be working with your body.

Next steps:

➤ Start the change from within. Begin by tracking foods you're eating and note what symptoms seems to be triggered by specific foods. If you can't make a connection that way, you might want to experiment with eliminating some of the more common food allergens to see if any of them are wreaking havoc on your body: soy, wheat/gluten, dairy. If you need more guidance in this area, I can help!

CATEGORY 4: Estrogen Dominance *my score:* _____

If you scored 3 points or higher....

➤ Your main symptoms seem to be caused by high estrogen levels and/or low progesterone. This means that the food and beverage choices you are making are contributing to the imbalance. It is also likely that you are experiencing some symptoms from Category 3, and your liver and other organs of elimination are not able to keep up with breaking down and removing the excess estrogen in your system. Estrogen Dominance can cause difficulties getting pregnant, miscarriage, and extreme mood swings and period problems.

Next steps:

➤ The best way to begin addressing this area is by starting with Category 1 or 3. Your blood sugar and digestion both have a huge impact on your estrogen levels and both need to be managed properly. Overall, your diet is the culprit here, and it's time to learn how to eat to support your hormones and work with your changing cycle each week.

What's Your Hormonal Picture?

Now it's time to tally up the scores from all 4 categories and understand what your hormonal picture as a whole can tell you!

Total Score: _____ (adding up the points in each category)

1-12 Points - Stage 1

You have something significant going on but it's early enough that you can catch it now before it gets more serious. Your symptoms probably feel tolerable, and while it may not feel like you need to take immediate action, there are red flags popping up showing you that your endocrine system is on it's way to more problems. Since it's not super severe, your body will respond really well to food based changes, and you will be able to resolve these symptoms naturally, within a very quick time frame.

Remedy: Cleansing for Overall Fertility Health and 3-Day Anti-inflammatory

13-24 Points - Stage 2

You have what feels like a lot of disjointed symptoms. You might be trying topical solutions, pain medications, mood medications, and other remedies to spot-treat all the seemingly separate conditions. You're definitely in a state of endocrine overload, and your symptoms are interconnected. You need to begin addressing the underlying causes through food and lifestyle.

Remedy: Detoxing Your Hormones and 3-Day Anti-inflammatory

25-36 Points - Stage 3

You're in a pretty severe stage of hormonal havoc, and you might feel like your body is betraying you. You probably feel scared, out of control, and don't know why this is happening. Don't be scared – there's a reason and there's a way to heal. If you've already recognized that the pill and other medications are not helping you, it's time to take an approach that gets to the root of the problem.

Remedy: Standard Process Detox or Metagenics Detox

37-48 Points - Stage 4

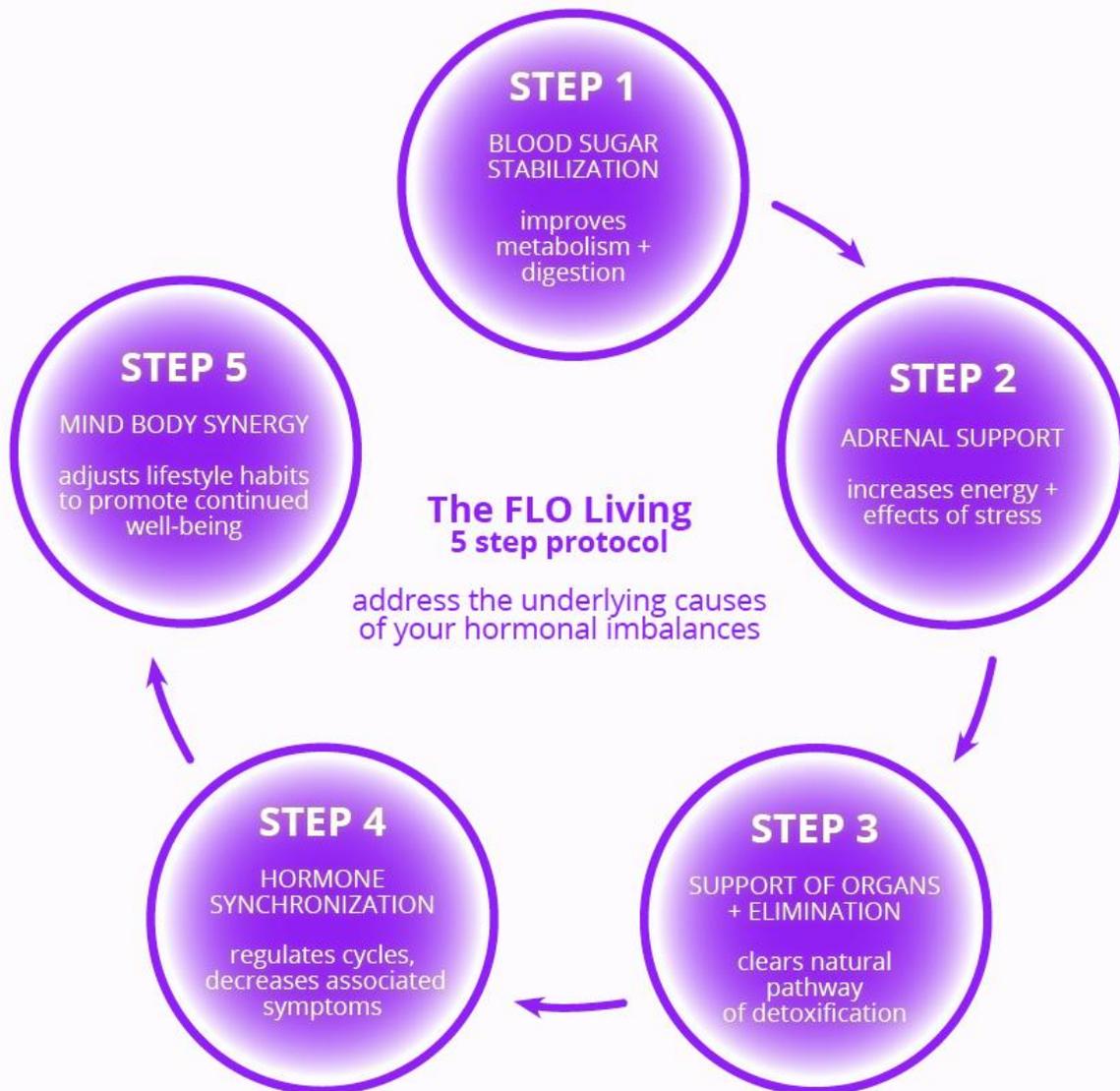
You're in full hormonal crisis! Your endocrine system is desperate for the right conditions to allow it to do its job properly. Because of the state of your hormones, you're at greatly increased risk for diseases of inflammation. You have long since given up hope that any traditional medicine will fix what you have to deal with, so it's time to take action with a real solution.

Remedy: Standard Process Detox or Metagenics Detox

What you can do now

At the root of all of these symptoms is diet and lifestyle, which is great news because it means you have the power to change them!

To give you a better picture of how it is all linked take a look at this diagram, which explains the step-by-step method of the FLO Living protocol:



Remember that the answer is not about a quick-fix, but rather about creating a foundation of sustainable practices that will help your body find healing and balance.

Guiding you on the path to creating fertile ground for your baby's first home and empowering women. . .one birth at a time.

www.womensintegrativehealthny.com 518-307-9810