

✓ INSULIN

- Expanding waist
- Sleepy in afternoon
- Angry
- Mood swings
- 3 am insomnia
- Heavy/painful periods
- Sugar cravings
- Dizzy before eating

Your score:

✓ THYROID

- Fatigue (especially am)
- Overweight
- Depression
- Anxiety
- Hair loss
- Dry skin
- Cold hands/feet
- Brain fog

Your score:

✓ ESTROGEN

When your Estrogen is **low**:

- Dry itchy skin
- Wrinkles
- Vaginal dryness
- Depression
- Low libido
- Hot flushes
- Night sweats
- Memory loss

Your score:

When your Estrogen is **high**:

- Cramps
- Heavy bleeding
- Fluid retention
- Bloating
- Breast tenderness
- Weight gain
- PMS, mood swings
- Headaches

Your score:

✓ CORTISOL

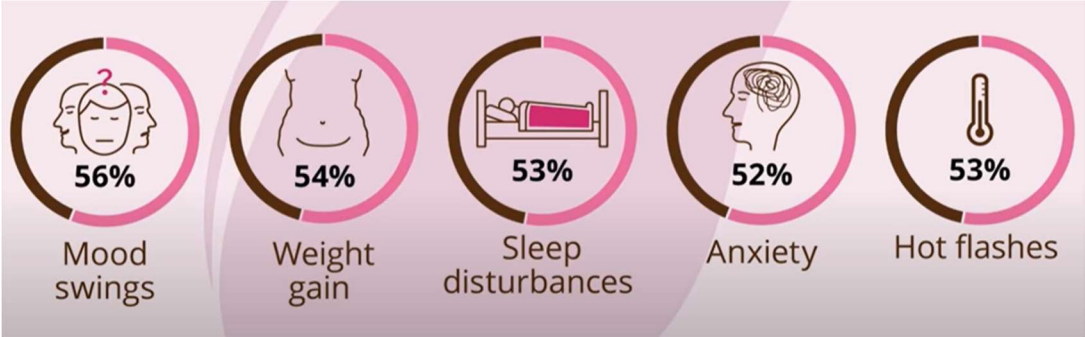
- Wired Tired
- Mood swings
- Poor sleep
- Brain fog
- Anxiety
- Frequent colds
- Belly fat

Your score:

NOTE: If you have a high score in one particular section over another, you may have an imbalance in that area, although it's very common that women have a mixture of symptoms as they overlap so much, and each hormone interacts with each other.

We'll take a deeper dive into each of your Fab Four hormones, and steps you can take to reset them fast and effectively.

Then you can say goodbye to these annoying disturbances!



NOTES