

The following checklists can be used to help you and Dr. Haendiges determine specific symptoms of hormone imbalance.

## Category 1: Basic Hormone Imbalance

Hot flashes	Heart palpitations
Heavy menses	Fibrocystic breasts
Thinning skin	Mood swings
Cystic ovaries	Foggy thinking
Irritability	Uterine fibroids
Urinary Incontinence	Vaginal dryness
Weight gain	Increased body/facial hair
Night sweats	Acne
Depressed mood	Headaches
Bone loss	

## Category 2: Adrenal Hormone Imbalance

Aches and pains	Sleep disturbances
Infertility	Chronic illness
Elevated triglycerides	Depression
Nervousness	Evening fatigue
Morning fatigue	Anxiety
Allergic conditions	Susceptibility to infections
Bone loss	Blood sugar imbalance
Autoimmune illness	

## Category 3: Thyroid Hormone Imbalance

Aches and pains	Dry skin
Fatigue	Heart palpitations
Constipation	Anxiety
Cold hands and feet	Foggy thinking
Low libido	Thinning hair
Brittle nails	Headaches
Weight gain	Inability to lose weight
Menstrual irregularities	Depression
Infertility	Feeling cold all the time
Sleep disturbances	Elevated cholesterol

## Category 4: Cardio Metabolic Risk

Weight gain	High blood pressure
Low HDL	Sugar cravings
Fatigue	Blood sugar imbalance
Diabetes or family history of diabetes	Heart disease or family history of heart disease
High triglycerides	High cholesterol