

Are Your Female Hormones Off?

- ☐ DECREASED STAMINA OR LOW ENERGY
- ☐ LOW LIBIDO OR DECREASED SEXUAL DESIRE
- ☐ PAINFUL SEXUAL INTERCOURSE
- ☐ DEPRESSION OR DECREASED JOY OF LIVING
- ☐ VAGINAL DRYNESS
- ☐ HIGH BLOOD SUGAR OR DIABETES
- ☐ HOT FLASHES
- ☐ DECREASED MUSCLE MASS OR INCREASED FAT
- ☐ THINNING HAIR & NAILS
- ☐ INCREASED WEIGHT (ESPECIALLY ABDOMINAL FAT)
- ☐ INCREASED URINARY URGE
- ☐ IRRITABILITY
- ☐ BONE LOSS OR OSTEOPOROSIS
- ☐ DECREASED FLEXIBILITY
- ☐ ACHES & PAINS
- ☐ FATIGUE & EXHAUSTION
- ☐ HIGH CHOLESTEROL
- ☐ SLEEP DISTURBANCE
- ☐ AGGRESSION
- ☐ BURNT-OUT FEELING
- ☐ ARTHRITIS
- ☐ FOGGY THINKING
- ☐ NIGHT SWEATS
- ☐ HEART PALPITATIONS
- ☐ HEADACHES
- ☐ NERVOUSNESS