

NEW IMAGE

Medical Aesthetics & Wellness

HORMONE IMBALANCE CHECKLISTS

If you suffer from 3 or more, you may have thyroid imbalance

- Cold Hands
- Cold Feet
- Weight Gain
- Difficulty Losing Weight
- Fatigue Most of the Day
- Depression
- Hair Loss, Especially Eyebrows
- Dry Skin
- Brittle Nails

If you suffer from 3 or more, you likely have adrenal imbalance

- Not Waking Up Refreshed
- Afternoon Fatigue/Crash
- Second Wind After Supper
- Foggy Mind
- Losing Train of Thought
- Loss of Creative Drive
- Low Sex Drive
- Reduced Desire to Exercise
- Irritable/Snappy
- Anxiety
- Difficulty Falling Asleep
- Weight Gain
- Difficulty Losing Weight
- Drinks Caffeine after Noon
- Sweet Food Cravings
- Salty Food Cravings

If you suffer from 3 or more you may have a female hormone imbalance

- PMS/Cyclic Moodiness
- Irregular periods
- Skipped periods
- Cyclic Bloating
- Breast Tenderness
- Hot Flashes
- Vaginal Dryness
- Low Sex Drive
- Night Sweats
- Depression

If you suffer from 2 or more you may have a male hormone imbalance

- Poor Muscle Mass
- Poor Muscle Response to Exercise
- Lack of Energy
- Loss of Creative Drive
- Low Sex Drive
- Depression