

## Symptoms of Common Hormonal Imbalances

Condition	Symptoms	
<b>PMS</b>	Heavy periods / bleeding Cramping Irritable / bitchy Mood swings	Depression / low mood Anxious / Anxiety Fatigue / tired / no energy Carb / sugar cravings (chocolate)
<b>PCOS</b>	Weight gain No period Hair growth Hair loss	Acne Infertility Anxious / Anxiety Fatigue / tired / no energy
<b>Perimenopause</b>	Heavy periods / bleeding Cramping Insomnia / trouble sleeping Irritable / bitchy Mood swings Anxious / Anxiety	Hot flashes / Night Sweats Hair loss Acne Weight gain Carb / sugar cravings (chocolate) Brain fog
<b>Menopause</b>	Insomnia / trouble sleeping Irritable / bitchy Mood swings Hot flashes / Night Sweats	Emotional / Weepy Low mood / melancholy / depressed Anxious / Anxiety Vaginal dryness / Painful sex

	Weight gain	Brain fog
<b>Hypothyroid</b>	Fatigue / tired / no energy Weight gain Hair loss Constipation Heavy periods / bleeding	Infertility Low mood / Depression Anxious / Anxiety Brain fog Frequent Cold / Flu / UTI
<b>Adrenal Fatigue</b>	Fatigue / tired / no energy Hair loss GI issues (IBS) Heavy periods / bleeding Cold / flu Anxious / Anxiety	Infertility 2:00 - 5:00 pm energy crash Weight gain Carb / sugar cravings (chocolate) Salt cravings Brain fog
<b>Insulin Resistance</b>	Weight gain / Obesity High cholesterol / Triglycerides High blood pressure Polycystic Ovarian Syndrome (PCOS) Non-Alcoholic Fatty Liver Disease - NAFLD Type 2 Diabetes Coronary Heart Disease Alzheimer's Cancer	Fatigue / tired / no energy 2:00 - 5:00 pm energy crash Insomnia / trouble sleeping Carb / Sugar Cravings Brain fog Poor concentration Low mood / depressed Lack of motivation Low Testosterone (males)
<b>Low Testosterone</b>	Fatigue / tired / no energy Weight gain Depressed / Sad No motivation / drive No sex drive Weak erections Loss of muscle	Decreased athletic ability Increased recovery time High cholesterol High triglycerides High blood pressure Insomnia / trouble sleeping Anxious / Anxiety