



Is it me or is it my hormones?

Because hormones affect every cell in your body, it's not unusual that hormone excess, deficiencies, or imbalances can produce some very unwanted symptoms. For example, hormones affect your cardiovascular system, central nervous system, blood sugar balance, bone density, weight, and skin. Hormones also affect brain function and mood, so hormone imbalances can impair mental sharpness, ability to focus, and short-term memory, causing you to feel as if your brain is in a fog. At the same time mood swings, irritability, depression, and anxiety may make you feel like you are bordering on insanity. Hormonal imbalances can be detrimental to your overall health, career, relationships, and other areas of your life. Since so many of the symptoms are linked with multiple hormones, it is best to do a saliva test to see where your hormone levels are before starting hormonal therapy.

Progesterone Deficiency	Estrogen Deficiency	Testosterone Deficiency	Cortisol Deficiency
<p><i>Physical symptoms:</i></p> <input type="checkbox"/> Weight gain <input type="checkbox"/> Low body temp <input type="checkbox"/> Headaches <input type="checkbox"/> Hypothyroidism <input type="checkbox"/> Heart disease <input type="checkbox"/> Hair loss <input type="checkbox"/> Fluid retention <input type="checkbox"/> Allergies/Sinusitis <input type="checkbox"/> Bone loss <input type="checkbox"/> Sleep Disturbances <input type="checkbox"/> _____	<p><i>Physical symptoms:</i></p> <input type="checkbox"/> Hot flashes <input type="checkbox"/> Night sweats <input type="checkbox"/> Poor memory <input type="checkbox"/> Insulin resistance <input type="checkbox"/> Bone loss <input type="checkbox"/> Hair loss <input type="checkbox"/> Dry skin/eyes <input type="checkbox"/> Wrinkles <input type="checkbox"/> Insomnia <input type="checkbox"/> Headaches <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Poor concentration <input type="checkbox"/> Lack of focus <input type="checkbox"/> Increased cholesterol <input type="checkbox"/> Increase blood pressure <input type="checkbox"/> Heart Disease <input type="checkbox"/> _____	<p><i>Physical symptoms:</i></p> <input type="checkbox"/> Aches and pains <input type="checkbox"/> Thinning skin <input type="checkbox"/> Loss of muscle tone <input type="checkbox"/> Fatigue <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Insomnia <input type="checkbox"/> Bone loss <input type="checkbox"/> Hot flashes <input type="checkbox"/> Poor memory <input type="checkbox"/> Weight gain <input type="checkbox"/> Elevated cholesterol <input type="checkbox"/> Heart disease <input type="checkbox"/> _____	<p><i>Physical symptoms:</i></p> <input type="checkbox"/> Fatigue <input type="checkbox"/> Allergies <input type="checkbox"/> Stress <input type="checkbox"/> Irritability <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Sugar cravings <input type="checkbox"/> Cold body temperatures <input type="checkbox"/> Low blood pressure <input type="checkbox"/> Arthritis <input type="checkbox"/> Aches/Pain <input type="checkbox"/> Blood sugar imbalances <input type="checkbox"/> Decreased immune system <input type="checkbox"/> _____
<p><i>Gynecological symptoms:</i></p> <input type="checkbox"/> Breast pain/cysts <input type="checkbox"/> Breast cancer <input type="checkbox"/> PMS <input type="checkbox"/> Fibroids <input type="checkbox"/> Heavy cycles/clots <input type="checkbox"/> Irregular cycles <input type="checkbox"/> Endometriosis <input type="checkbox"/> Cramps <input type="checkbox"/> Miscarriage <input type="checkbox"/> Water retention <input type="checkbox"/> Hot flashes/night sweats <input type="checkbox"/> _____	<p><i>Gynecological symptoms:</i></p> <input type="checkbox"/> Irregular, lighter, or no cycles <input type="checkbox"/> Vaginal dryness <input type="checkbox"/> Urinary Tract Infections <input type="checkbox"/> Incontinence <input type="checkbox"/> _____	<p><i>Gynecological symptoms:</i></p> <input type="checkbox"/> Vaginal dryness <input type="checkbox"/> Incontinence <input type="checkbox"/> Loss of Pubic hair <input type="checkbox"/> Impaired sexual function <input type="checkbox"/> _____	<p>Cortisol Excess</p> <input type="checkbox"/> Sleep disturbances <input type="checkbox"/> Tired but wired feeling <input type="checkbox"/> Low libido <input type="checkbox"/> Cravings <input type="checkbox"/> Stressed feeling <input type="checkbox"/> Irritability <input type="checkbox"/> Bone loss <input type="checkbox"/> Loss of muscle mass <input type="checkbox"/> Thinning skin <input type="checkbox"/> Symptoms of <i>low Estrogen, Testosterone, Progesterone, or Thyroid</i> <input type="checkbox"/> Breast cancer <input type="checkbox"/> Headaches <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Cardiovascular disease <input type="checkbox"/> Insomnia <input type="checkbox"/> Blood sugar imbalances <input type="checkbox"/> Depression <input type="checkbox"/> _____
<p><i>Emotional symptoms:</i></p> <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Irritability <input type="checkbox"/> Tendency to stress easily <input type="checkbox"/> Low Libido <input type="checkbox"/> _____	<p><i>Emotional symptoms:</i></p> <input type="checkbox"/> Depression <input type="checkbox"/> Anxiety <input type="checkbox"/> Carbohydrate cravings <input type="checkbox"/> Low Libido <input type="checkbox"/> Teary/Weepy <input type="checkbox"/> _____	<p>Testosterone Excess</p> <input type="checkbox"/> Acne/oily skin <input type="checkbox"/> Facial hair <input type="checkbox"/> Thinning scalp hair <input type="checkbox"/> Excess body hair <input type="checkbox"/> Mid-cycle pain <input type="checkbox"/> Pain in nipples <input type="checkbox"/> Ovarian cysts <input type="checkbox"/> Hypoglycemia <input type="checkbox"/> Insulin resistance <input type="checkbox"/> Aggression <input type="checkbox"/> Irritability <input type="checkbox"/> Same symptoms of Progesterone deficiency	



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