

ESTROGEN DOMINANCE QUIZ

Check those you have EVER had or presently have.

- | | |
|--|---|
| <input type="checkbox"/> Swollen or Tender breasts | <input type="checkbox"/> Migraines, Headaches |
| <input type="checkbox"/> Breast cysts or tumors | <input type="checkbox"/> Asthma or allergies |
| <input type="checkbox"/> Breast cancer | <input type="checkbox"/> Blurred vision or flashes of light |
| <input type="checkbox"/> Endometrial cancer or hyperplasia | <input type="checkbox"/> Craving for sweets |
| <input type="checkbox"/> Hysterectomy or D&C | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Tubal Ligation | <input type="checkbox"/> Inability to concentrate |
| <input type="checkbox"/> Infertility | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Used Birth Control Pills | <input type="checkbox"/> IBS, Crohns or Colitis |
| <input type="checkbox"/> Used an IUD | <input type="checkbox"/> Varicose veins |
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> Water retention (EDEMA) |
| <input type="checkbox"/> Cyclic acne | <input type="checkbox"/> Heavy or Irregular periods |
| <input type="checkbox"/> Joint or muscle pain | <input type="checkbox"/> Weight gain in abdomen or hips |
| <input type="checkbox"/> Bruise easily | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Hemorrhoids, Constipation | <input type="checkbox"/> Pre-menstrual Syndrome (PMS) |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Gallbladder disease symptoms |
| <input type="checkbox"/> Dark circles under eyes | <input type="checkbox"/> Exposed to DES in utero |
| <input type="checkbox"/> Depression or irritability | <input type="checkbox"/> Difficulty losing weight |

If you have checked **5 or more** items, there is a strong possibility that your body is not making enough progesterone to balance your estrogen. This means that you may be Estrogen Dominant, a condition which can cause the symptoms listed above. It is suggested that you investigate this further **by visiting howtobalancehormones.com** where you will find instructions, educational resources on hormones including videos, individual articles, and supplements. You can also call to book an appointment for a consultation. 866 873 5239

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