
5 DAY
Hormone Detox
THE HORMONE
HEALTH QUIZ

THE HORMONE HEALTH QUIZ

Check all that apply:

- ◻ Autoimmunity
- ◻ Body aches and pains
- ◻ Depressive states
- ◻ Changing periods (perimenopause)
- ◻ Endometriosis
- ◻ Estrogen dominance
- ◻ Feeling exhausted all the time
- ◻ Fibroids or cysts
- ◻ Food cravings
- ◻ Hot flushes and/or night sweats
- ◻ Joint pain
- ◻ Low sex drive
- ◻ Mood swings
- ◻ Resistant weight
- ◻ Skin issues
- ◻ Tender breasts
- ◻ Thinning hair, hair loss or excess hair
- ◻ Thyroid imbalance
- ◻ Water retention
- ◻ Weight gain – especially belly, hips and thighs

Analyse Your Results

If you checked:

1-2 boxes:

You really should start working on your hormonal health now to try and minimise symptoms and nip things in the bud.

3-5 boxes:

You may be feeling signs related to perimenopause/menopause. If you're unsure get in touch with me here for a FREE 15-minute call. Adopting a healthy lifestyle and learning how to manage symptoms can make all of the difference to the next few years.

6+ boxes:

You may be feeling severe signs that can be helped. I recommend consulting your doctor to confirm these signs aren't related to something else though as many of the signs and symptoms of perimenopause can raise their heads in other conditions. Ask your doctor to test your thyroid hormones and stress hormones like cortisol too. Standard thyroid tests only measure TSH (thyroid stimulating hormone) but these can come back normal even if your thyroid is under par. Ideally you need T3, T4 and thyroid antibodies tested also.

It's Not True!

We've been told that uncomfortable symptoms are just a normal part of "being a woman." But while many (too many) of these signs are common, they are not necessarily normal. You can take control of your hormone health and I'm here to help you to do that.

Here's to your hormone health!

This quiz is not intended to diagnose. The intent of this quiz is to raise awareness of hormonal imbalance, perimenopause and menopause so you can be informed and empowered.