



Heather Holistics Naturopathic Clinic
Naturopathic Clinic.info (208)231-7149
Text support line: (208)255-5444

HORMONE BALANCE TEST FOR WOMEN

SYMPTOM GROUP 1

- | | |
|--|---|
| <input type="checkbox"/> PMS | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Early miscarriage | <input type="checkbox"/> Painful and/or lumpy breasts |
| <input type="checkbox"/> Unexplained weight gain | <input type="checkbox"/> Cyclical headaches |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Infertility |

TOTAL BOXES CHECKED

SYMPTOM GROUP 2

- | | |
|--|---|
| <input type="checkbox"/> Vaginal dryness | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Painful intercourse | <input type="checkbox"/> Memory problems |
| <input type="checkbox"/> Bladder infections | <input type="checkbox"/> Lethargic depression |
| <input type="checkbox"/> Hot flashes | |

TOTAL BOXES CHECKED

SYMPTOM GROUP 3

- | | |
|---|--|
| <input type="checkbox"/> Puffiness and bloating | <input type="checkbox"/> Cervical dysplasia (abnormal pap smear) |
|---|--|

- Rapid weight gain
- Mood swings
- Anxious depression
- Insomnia
- Red flush on face
- Weepines

- Breast tenderness
- Heavy bleeding
- Migraine headaches
- Foggy thinking
- Gallbladder problems

TOTAL BOXES CHECKED

SYMPTOM GROUP 4

- A combination of the symptoms in #1 and #3

TOTAL BOXES CHECKED

SYMPTOM GROUP 5

- Acne
- Excessive hair on the face and arms
- Thinning hair on the head
- Ovarian cysts

- Polycystic ovary syndrome (PCOS)
- Hypoglycemia and/or unstable blood sugar
- Infertility
- Mid-cycle pain

TOTAL BOXES CHECKED

SYMPTOM GROUP 6

- Debilitating fatigue
- Foggy thinking
- Thin and/or dry skin
- Brown spots on face

- Unstable blood sugar
- Low blood pressure
- Intolerance to exercise

TOTAL BOXES CHECKED

Please Note: The information contained in this Hormone Balance Test is not intended to replace a one-to-one relationship with a qualified health care professional, and is not intended as medical advice, but as guidelines for determining the underlying cause of your

symptoms. You are encouraged to make your health care decisions in partnership with a qualified health care professional.

http://www.johnleemd.com/store/resource_hormonetest.html

(to take test online) and order test kit

ANSWERS

WOMEN:

1. SYMPTOM GROUP 1

Progesterone deficiency: This is the most common hormone imbalance among women of all ages. You may need to change your diet, get off of synthetic hormones (including birth control pills), and you may need to use some progesterone cream. (This is explained in detail in Dr. Lee's books, *What Your Doctor May Not Tell You About Menopause* and *What Your Doctor May Not Tell You About PREMenopause*). And try saliva testing for [progesterone and estradiol](#).

2. SYMPTOM GROUP 2

Estrogen deficiency: This hormone imbalance is most common in menopausal women; especially if you are petite and/or slim. You may need to make some special changes to your diet; take some women's herbs; and some women may even need a little bit of natural estrogen (about one-tenth the dose prescribed by most doctors). (November 1998, pages 1-3) And try saliva testing for [estradiol](#).

3. SYMPTOM GROUP 3

Excess estrogen: In women, this is most often solved by getting off of the conventional synthetic hormones most often prescribed by doctors for menopausal women. You might enjoy this article: [Getting Off HRT](#). Once you're on a natural hormone regimen, you may want to get a comprehensive saliva test, [Female/Male Saliva Profile III](#).

4. SYMPTOM GROUP 4

Estrogen dominance: This is caused when you don't have enough progesterone to balance the effects of estrogen. Thus, you can have low estrogen but if you have even lower progesterone, you can have symptoms of estrogen dominance. Many women between the ages of 40 and 50 suffer from estrogen dominance. This topic is covered in much detail in Dr. Lee's timeless book, [What Your Doctor May Not Tell You about Menopause](#), and also in the May 1998 issue of the [John R Lee, M.D. Medical Letter](#). And try saliva testing for [Female/Male Saliva Profile I](#) or just test for [progesterone and estradiol](#).

5. SYMPTOM GROUP 5

Excess androgens (male hormones): This is most often caused by too much sugar and simple carbohydrates in the diet and is often found in women who have

polycystic ovary syndrome (PCOS). You can find out more about PCOS in [What Your Doctor May Not Tell You About PREmenopause](#), as well as the March 1999 issue of the [John R Lee, M.D. Medical Letter](#). And try saliva hormone testing for [progesterone, estradiol and testosterone](#).

6. SYMPTOM GROUP 6

Cortisol deficiency: This is caused by tired adrenals, which is usually caused by chronic stress. If you're trying to juggle a job and a family, chances are good you have tired adrenals. There's are great chapters on restoring your adrenal function in both the [Menopause and the PREmenopause](#) books, as well as in the July 1998 [John R Lee, M.D. Medical Letter](#). And try saliva hormone testing for the [Adrenal Function](#) or one of the individual [Cortisol](#) tests.

MORE HELP ON WHICH SALIVA TEST(S) TO ORDER

There are suggestions after each Symptom Group above, but if you're still confused, try these guidelines:

If you haven't had a saliva hormone level test before, or you fit into more than one category above, it's ideal if you can get "The Works," [Female/Male Saliva Profile III](#) to give you the big picture. This is a great way to get baseline measurements of your hormones, *and* a very informative and comprehensive analysis from the experts at ZRT Lab.

If you fit into more than one category above, *including fatigue*, and you're on a budget, you'll get a lot of useful information from [Female/Male Saliva Profile II](#).

If you fit into more than one category above *not* including fatigue, try [Female/Male Saliva Profile I](#).

If you're primarily having issues with stress and fatigue, try the [Adrenal Function](#) or one of the individual [Cortisol](#) tests.

If you just want the basics, test for [progesterone, estradiol and testosterone](#).

If you have estrogen dominance symptoms and want just a bare bones look at your hormones, just test [progesterone and estradiol](#).

If you recently started supplementing with progesterone and only want to find out whether your levels are within "normal" ranges, just test [progesterone](#).

If you have polycystic ovary syndrome (PCOS) and/or symptoms of excess male hormones such as excess hair growth, [test progesterone, estradiol, and testosterone](#).

If you have PMS, endometriosis, infertility or postpartum blues, you'll get a lot of helpful information from one of the [Female/Male Saliva Profiles](#).