



High Cortisol:

(Eat dark chocolate, limit alcohol, no caffeine, get massage or acupuncture, chant and meditate, practice forgiveness, have an orgasm, do not worry, be happy, Vitamin B, Vitamin C 3000mg/day, Fish-oil, L-tyrosine, L-Lysine, L-theanine, Ginseng)

- a feeling you are constantly racing from one task to the next?
- Feeling wired yet tired?
- A struggle calming down before bed time, or a second wind that keeps you up late?
- Difficulty falling asleep or disrupted sleep?
- A feeling of anxiety or nervousness – can't stop worrying about things beyond your control?
- A quickness to feel anger or rage – frequently screaming or yelling?
- Memory lapses or feeling distracted, especially under distress?
- Sugar cravings (you need “a little something “ after each meal, usually of the chocolate variety)”
- Increased abdominal circumference, greater than 35 inches (the dreaded abdominal fat, or muffin top – not bloating)
- Skin conditions such as eczema or thin skin (sometimes physiologically and psychologically)?
- Bone loss (perhaps your doctor uses scarier terms, such as osteopenia or osteoporosis)
- High blood pressure or rapid heart beat?
- High blood pressure, or shakiness in between meals, also known as blood sugar instability?
- Indigestion, ulcers, reflux?
- More difficulty recovering from physical injury than in the past?
- Unexplained pink or purple stretch marks on your belly or back?
- Irregular menstrual cycle?
- Decreased fertility?



Low Cortisol:

(Exercise, Vit B & C complex, Licorice, Grapefruit juice, real food, adrenal support.)

- Fatigue or burnout (You use coffee to bolster your energy, or fall asleep while reading or watching movies)
- Loss of stamina, particularly in the afternoon between two and five?
- An atypical addiction to a negative point of view?
- Crying jags for no particular reason?
- Decreased problem solving ability?
- Feeling stressed most of the time, decreased stress tolerance?
- Insomnia or difficulty staying asleep, especially between 1 and 4 am.
- Low blood pressure
- Postural Hypotension (you stand up from lying down and feel dizzy?)
- Difficulty fighting infections (you catch every virus you meet)? Difficulty recovering from illness, surgery or healing wounds?
- Asthma? Bronchitis? Chronic Cough? Allergies?
- Low or unstable Blood sugar?
- Salt Cravings?
- Excess sweating?
- Nausea, vomiting or diarrhea, or loose stool alternating with constipation?
- Muscle weakness and joint pain, especially around knees?
- Hemorrhoids or varicose veins?
- Skin bruises easy?



Low Progesterone:

(Vitamin C, Chaste berry, progesterone cream, no caffeine, skip alcohol, acupuncture, exercise moderately, skip sugar and carbs, calm the mind)

- Agitation or PMS
- Cyclical headaches (particularly menstrual or hormonal migraines)?
- Painful or swollen breasts?
- Irregular menstrual cycles, or cycles becoming more frequent as you age?
- Heavy or painful periods?
- Bloating, particularly in ankles and belly, and or fluid retention?
- Ovarian cysts, breast cysts, or endometrial cysts?
- Easily disrupted sleep?
- Itchy or restless legs, especially at night?
- Increased clumsiness or poor coordination?
- Infertility?
- Miscarriage in the first trimester?



Excess Estrogen:

(Cleanse your body, reduce Xeno-hormones, eat clean, no canned food, no plastic containers, natural cosmetics, no alcohol, clean Mercury out of your system, no coffee, consume prunes, loose weight, exercise regularly, go to bed by 10pm, regulate hypothalamus, eat seaweed, supplement resveratrol, take turmeric, Melatonin.)

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in hips and butt?
- Increased bra-cup size or breast tenderness?
- Fibroids?
- Endometriosis, or painful periods?
- Mood swings, PMS, depression or just irritability?
- Weepiness, sometimes over the most ridiculous things?
- Mini breakdowns? Anxiety?
- Migraines or other headaches?
- Insomnia?
- Brain fog?
- A red flush on your face (or a diagnosis of rosacea)?
- Gallbladder problems, or removal



Low Estrogen:

(Avoid coffee, cut out gluten, add flaxseed, orgasm more, don't exercise too much, receive acupuncture, take vitamin E, add magnesium, add Maca powder, Chinese herbs, eat Ghee, Have ginseng.)

- Poor memory?
- Emotional fragility, especially compared with how you felt ten years ago?
- Depression, perhaps with anxiety or lethargy?
- Wrinkles, your favorite skin cream no longer works?
- Night sweats or hot flashes?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Droopy breasts, or breasts lessening in volume?
- Sun damage more obvious, even glaring on your chest, face and shoulders?
- Achy joints (you feel positively geriatric at times)? Bone loss?
- Recent injuries, particularly to wrists, shoulders, lower back or knees?
- Loss of interest in exercise?
- Vaginal dryness, irritation, loss of feeling? Lack of juiciness? Low libido or painful sex?



Excess Androgens:

(Loose weight and exercise, low glycemic diet, add fiber and zinc, avoid dairy, eat more protein, no sugar, add omega 3 oil, do yoga and cleanse your body.)

- Excess facial hair?
- Acne? Greasy skin or hair? Thinning of hair?
- Discoloration of your armpits (darker and thicker than your normal skin)?
- Skin tags, especially on neck and upper torso?
- Hypo or hyperglycemia and/or unstable blood sugar?
- Reactivity and /or irritability or excessive aggressive episodes?
- Depression? Anxiety?
- Menstrual cycle occurring more than every thirty five days?
- Ovarian cysts?
- Mid cycle pain? Infertility?
- Polycystic ovary syndrome?

Low Thyroid:

(Add organically bound minerals, vitamin A, Iron, clean mercury out of your system, add glandular thyroid extract,

- Hair loss including eyebrow and lashes?
- Dry skin?
- Dry straw like hair that tangles easy?
- Thin brittle fingernails?
- Fluid retention or swollen ankles?
- Additional pounds which you cannot loose? High cholesterol?
- Bowel movements less than once per day?
- Recurrent headaches?
- Decreased sweating?
- Muscle or joint aches or poor muscle tone?
- Tingling in hands or feet?
- Cold hands and feet? Cold or heat intolerance? Sensitive to cold?
- Slow speech, hoarse voice?
- Slow heart rate, lethargic, fatigue, particularly in the morning?
- Slow brain, difficulty concentrating?
- Low sex drive? Depression and moodiness?
- Menstrual problems? Infertility?
- Enlarged thyroid/ goiter? Difficulty swallowing? Family history of thyroid problems?

If you checked more than three questions in one category you may have a hormonal imbalance. Contact Claudia for treatment options.