***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.

Check out the lists below to see if any of these symptoms/conditions are affecting your body. If so, ***Infinite Wellness*** can help restore your hormones to optimal **BALANCED** levels. Many symptoms may be caused by more than one hormone deficiency/excess, so therefore lab testing is necessary to see which hormones need balancing.

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

***Infinite Wellness***

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