

# The Hormone Balance Test

## Helping To Identify The Possible Underlying Causes Of Your Menopausal Symptoms

Check each symptom that applies to you

### Symptom Group 1

- PMS
- Insomnia
- Early Miscarriage
- Painful or lumpy breasts
- Unexplained weight gain
- Cyclical headaches
- Anxiety
- Infertility

Total Checked \_\_\_\_\_ / 8 calculate % \_\_\_\_\_

### Symptom Group 2

- Vaginal dryness
- Night sweats
- Painful intercourse
- Memory problems
- Bladder infections
- Lethargic depression
- Hot flashes

Total Checked \_\_\_\_\_ / 7 calculate % \_\_\_\_\_

### Symptom Group 3

- Puffiness and bloating
- Cervical dysplasia (abnormal pap smear)
- Rapid weight gain
- Breast tenderness
- Mood swings
- Heavy bleeding
- Anxious depression
- Migraine headaches
- Insomnia
- Foggy thinking
- Red flush on face
- Gallbladder problems
- Weepiness

Total Checked \_\_\_\_\_ / 13 calculate % \_\_\_\_\_

### Symptom Group 4

This group is a combination of the symptoms in groups 1 and 3. If you've checked two or more in each of these two groups, you may belong to this group.

Total Checked \_\_\_\_\_

# The Hormone Balance Test

Helping To Identify The Possible Underlying Causes Of Your Menopausal Symptoms

## Symptom Group 5

- Acne
- Polycystic ovary syndrome
- Excessive hair on the face and arms
- Hypoglycemia and /or unstable blood sugar
- Thinning hair on the head
- Infertility
- Ovarian cysts
- Midcycle pain

Total Checked \_\_\_\_\_ / 8 calculate % \_\_\_\_\_

## Symptom Group 6

- Debilitating fatigue
- Unstable blood sugar
- Foggy thinking
- Low blood pressure
- Thin and/or dry skin
- Intolerance to exercise
- Brown spots on face

Total Checked \_\_\_\_\_ / 7 calculate % \_\_\_\_\_

**Answer Key:** the symptom groups above with the highest percentages should be addressed

### Symptom Group 1 - Progesterone deficiency.

This group signals a deficiency in progesterone.

### Symptom Group 2 - Estrogen deficiency.

This group signals a deficiency or the wrong type of estrogen.

### Symptom Group 3 - Excess Estrogen.

This group signals excess estrogen, or the wrong type of estrogen which is toxic.

### Symptom Group 4 - Estrogen dominance.

This is when there's too much estrogen compared to the amount of progesterone.

### Symptom Group 5 - Excess Androgens.

This is when the testosterone is higher than progesterone.

### Symptom Group 6 - Cortisol deficiency.

This group shows adrenal stress, burnout.

Give us a call for dietary & nutritional supplements  
to address your menopausal symptoms

# The Hormone Balance Test

Answers:

## **Symptom Group 1 - Progesterone deficiency.**

Natragest ½ tsp for 3 months, 2 xs per day, then reduce to ¼ tsp 2 xs per day. GlucoBalance® 2-3x per day.

## **Symptom Group 2 - Estrogen deficiency.**

Try the Natragest, 1/4 tsp 2 xs per day, Equi-Fem™ 2-3x per day. The BioPause-AM® and PM® at 3-6 per day could be added if the patient has hot flashes, migraines, mood swings, or other low estrogen symptoms. The Dermagest is a phytoestrogen cream. Use ¼ tsp 2-5x a day as needed to alleviate symptoms. Either cream can be used vaginally for vaginal dryness.

## **Symptom Group 3 - Excess Estrogen.**

This group signals an excess estrogen, or the wrong type of estrogen which is toxic, being circulating through the system. Use Ca D-Glucarate at 2-3xs per day, Methionine-200™, 1-3xs per day. Also use Natragest ¼ tsp 2 x per day. Colon-Plus Caps™ 4- AM & PM

## **Symptom Group 4 - Estrogen dominance.**

This is when there's too much estrogen compared to the amount of progesterone. There may be many symptoms associated with this, Migraine headaches, heavy bleeding, fibroids, Mood swings, acne etc. Use Natragest ½ tsp. 2 xs per day for 2 months, then reduce to ¼ tsp thereafter. Ca D-Glucarate 2-3x per day, GlucoBalance® 2-3x per day.

## **Symptom Group 5 - Excess Androgens.**

This is when the testosterone is higher than progesterone. Use Natragest ½ tsp 2x per day for 2 months, then 1/4tsp thereafter. Ca D-Glucarate 2-3x per day.

## **Symptom Group 6 - Cortisol deficiency.**

This group shows adrenal stress, burnout. Natragest, ¼ tsp 2x per day, GlucoBalance® 2-3x per , as well as Cytozyme-AD™, 4-4-0, and Bio-C Plus 1000™ 2-3x per day for at least 3 months