

Dr. John Lee's Hormone Balance Test for Woman

Find out if your symptoms are due to a hormonal imbalance by taking Dr. Lee's quick test.

1. Read carefully through the list of symptoms in each group, and put a check mark next to each symptom that you have. If you check off the same symptom in more than one group, that's fine.
2. Go back and count the check marks in each group. In any group where you have two or more symptoms checked off, there's a good chance that you have the hormone imbalance represented by that group.
3. The more symptoms you check off, the higher the likelihood that you have the hormone imbalance represented by that group. Some people may have more than one type of hormonal imbalance.
4. It is recommended that you print these pages and use them as a reference.
5. Go to the answers.

HORMONE BALANCE TEST FOR WOMEN

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

If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.

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

If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.

GROUP 3

- | | |
|---|--|
| <input type="checkbox"/> Puffiness and bloating | <input type="checkbox"/> Cervical dysplasia (abnormal pap smear) |
| <input type="checkbox"/> Rapid weight gain | <input type="checkbox"/> Breast tenderness |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Heavy bleeding |
| <input type="checkbox"/> Anxious depression | <input type="checkbox"/> Migraine headaches |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Foggy thinking |
| <input type="checkbox"/> Red flush on face | <input type="checkbox"/> Gallbladder problems |
| <input type="checkbox"/> Weepiness | |

Total boxes checked

If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.

GROUP 4

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

Total boxes checked

If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.)

GROUP 5

- | | |
|--|---|
| <input type="checkbox"/> Acne | <input type="checkbox"/> Polycystic ovary syndrome (PCOS) |
| <input type="checkbox"/> Excessive hair on the face and arms | <input type="checkbox"/> Hypoglycemia and/or unstable blood sugar |
| <input type="checkbox"/> Thinning hair on the head | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Ovarian cysts | <input type="checkbox"/> Mid-cycle pain |

Total boxes checked

If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.

GROUP 6

- | | |
|---|--|
| <input type="checkbox"/> Debilitating fatigue | <input type="checkbox"/> Unstable blood sugar |
| <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Low blood pressure |
| <input type="checkbox"/> Thin and/or dry skin | <input type="checkbox"/> Intolerance to exercise |
| <input type="checkbox"/> Brown spots on face | |

Total boxes checked

If you have checked two or more boxes in this group, turn to answers to find out what type of hormonal imbalance you may have.

(See next page for Group Explanations)

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 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..*

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 herbal supplements for women, and some women may even need small amount of natural estrogen (about one-tenth the dose prescribed by most doctors.

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Group 3

Excess estrogen: In women, this is often solved by getting off of conventional synthetic hormones that are most often prescribed by doctors for menopausal women. You may want to get a comprehensive saliva test.

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. See Dr. Lee's book, *What Your Doctor May Not Tell You About Menopause*.

Group 5

Excess androgens (male hormones): This is often caused by too much sugar and simple carbohydrates in the diet and 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*.

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 are great chapters on restoring your adrenal function in both *What Your Doctor May Not Tell You About Menopause* and *What Your Doctor May Not Tell You About PREmenopause*.