

DO YOU HAVE a FEMALE HORMONE DISORDER?

Do you have:	yes	no
Low energy levels in the afternoon		
Weight gain around the middle		
Urges to eat something sweet after dinner, like chocolate		
More than 10 standard alcoholic drinks per week		
Do you have recurrent infections (either coughs and colds, bladder infections, thrush)		
Excessive facial hair (like whiskers on your chin or upper lip)		
Do you have lots of drive		
Do you find it hard to sit still and relax during the day		
Do you experience acne		
Do you find it easy to gain muscle		
Do you struggle to lose weight despite being on a diet or not		
Do you have fat around your thighs and buttocks		
Do you have a deep voice for a lady		
Do you experience road rage		
Do you have depression, low mood or can you be broody		
Do you get painful or lumpy breasts		
Do you have problems falling pregnant or keeping pregnancies		
Have you been diagnosed with poly cystic ovaries?		
Irregular periods		
Headaches and migraines		
cellulite		
Irritability, in-sufferance of fools		
Impulsive eating habits , or over eating		
Frequent worry or feeling under pressure		
Difficulty relaxing		
Wanting to go to bed not long after dinner		
Palpitations or skipped heart beats		
Find that you have more than your share of dramas		
Possible high cholesterol despite eating well and exercising		
Irritable bowel syndrome		
Impatient behaviours (eg jumping in on conversations, making impulsive decisions etc)		
Score		

All questions marked with “yes” = 1 point. Count up your points.

0-10 **Unlikely that you have FHD**

But you may have one or two hormones out and suffer with stress (read Beauty and the Beast Within)

10-20 **Developing FHD or have it in a milder form**

Have your saliva hormones tested if you have period problems

Find a health professional in your area to help iron out the issues

Read Beauty and the Beast Within to see if you can resolve the issue yourself

20-30 **Very likely that you have FHD**

Read Beauty and the Beast Within

Find a health practitioner whom specializes in saliva testing