

Hormone Imbalance Quiz for Women

- Do you have mood swings, irritability, anxiety, or depression?
- Have you gained weight and increased body fat around your midsection?
- Do you have difficulty losing weight and gaining lean muscle mass?
- Do you feel a lack of energy or fatigue?
- Do you have insomnia?
- Do you have low sex drive?
- Do you have moderate or severe emotional stress?
- Do you have night sweats, hot flashes, and vaginal dryness?
- Do you have hair loss or thinning?
- Do you have excessive facial or body hair?



If you answer "YES" to any of these questions, then you may have a hormone imbalance and should contact your doctor for a hormone consultation.