

Table 1

Symptoms of Hormonal Imbalances

Estrogen Deficiency: Hot flashes, night sweats, sleep disturbances, anxiety, mood swings, memory loss, dry skin, headaches, depression, heart palpitations, yeast infections, vaginal dryness and atrophy, painful intercourse, inability to reach orgasm, amenorrhea, bone loss

Estrogen Excess: Water retention, fatigue, breast swelling, fibrocystic breasts, premenstrual-like mood swings, heavy or irregular menses, fibroids, cravings (especially for sweets), weight gain

Progesterone Deficiency: Decreased libido, anxiety, fuzzy thinking (“brain fog”), inability to concentrate, weight gain, headaches, depression, painful joints, bone loss, sleep disturbances, worsening of premenstrual symptoms (irritability, mood swings, cramps, bloating, swollen breasts)

Progesterone Excess: Menstrual cycle irregularities, drowsiness, symptoms similar to estrogen deficiency

Testosterone Deficiency (men or women): Low or absent libido, loss of muscle mass or strength, increase in body fat, depression, lack of energy, foggy thinking, decline in bone density

Testosterone Excess (men or women): Acne, weight gain, fluid retention, exaggerated moods, aggression, male hair growth pattern

DHEA Deficiency (men or women): Low bone density, chronic fatigue, difficulty losing weight, mood swings, hair thinning, poor immune response (i.e., frequent infections)

DHEA Excess (men or women): Acne or oily skin, increased facial hair, voice deepening, mood swings