

Is It Your Hormones?

This self-check guide helps you determine if your symptoms may be linked to hormonal imbalance.

If you check more than 4 items in a category, it's time to consider lab testing and consultation.

Estrogen Imbalance (Low or High)

- Irregular periods or skipped cycles
- Hot flashes or night sweats
- Vaginal dryness or pain during sex
- Mood swings, irritability, or anxiety
- Breast tenderness or fibrocystic breasts
- Weight gain around hips/thighs
- Heavy or painful periods

Progesterone Deficiency

- Trouble sleeping or staying asleep
- Anxiety or restlessness
- PMS symptoms worsening with age
- Irregular or shortened menstrual cycles
- History of miscarriages

Testosterone Deficiency (Men & Women)

- Low libido or lack of desire
- Difficulty gaining muscle or strength
- Low motivation or drive
- Fatigue, especially in afternoon
- Erectile dysfunction (men)
- Thinning hair or skin

Thyroid Dysfunction

- Weight gain or inability to lose weight
- Hair thinning or hair loss
- Feeling cold when others aren't
- Constipation
- Brain fog or poor concentration
- Depression or sluggish mood

Adrenal Dysfunction (Cortisol Imbalance)

- Craving salt or sugar
- Afternoon crashes (especially between 2-4 PM)
- Trouble falling asleep at night
- Feeling wired but tired
- History of chronic stress or burnout

What's Next?

If you marked several symptoms in one or more categories, it's time to take action. At Thrive Health & Wellness in Kalamazoo, we offer advanced lab testing, provider-led consultations, and customized treatment plans to help you rebalance and feel like yourself again.

Book your free consultation today at: www.thrivekzoo.com

Thrive Health & Wellness | Kalamazoo, MI