



Hormone Quiz Decoder

Your Results Are In!



How exciting! You are one step closer to figuring out why you feel terrible all the time. This quiz is designed to give you a point value depending on your answers in the quiz. See Your Results Below

Adrenal Fatigue Section

Your Score

< 7 | It is not likely that you have adrenal fatigue.

7-12 | Adrenal fatigue is a possibility.

> 12 | Adrenal fatigue is very likely.

When chronic stress causes our adrenal glands to constantly sustain high cortisol levels, they eventually become impaired in their ability to respond appropriately. The resulting dysfunction not only affects our short-term response to stress, but it also impairs our adrenals' ability to produce and balance other hormones which are important to our long-term health and well-being. Common symptoms can include exhaustion, insomnia, anxiety, depression, weight gain, mood swings, and recurring infections.

Low Testosterone Section

Your Score

< 7 | It is not likely that you have low testosterone.

7-20 | Low testosterone is a possibility.

> 20 | Low testosterone is very likely.

There is no such thing as "male" and "female" hormones. Both men and women have the same hormones but in different proportions. Though women have much lower amounts of testosterone it is still very critical for your well-being. Common symptoms of low testosterone can include fatigue, disrupted sleep, decreased libido, weight gain, depression, osteoporosis, loss of drive, and anxiety.

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Hormonal Imbalance Section

Your Score

< 5 | It is not likely that you have low estrogen

5-9 | Low estrogen is a possibility

> 9 | Low estrogen is very likely.

Progesterone and the human estrogen hormones, estradiol, estriol and estrone, and testosterone are the sex hormones that dramatically affect our well being. This imbalance can occur throughout a person's life when hormone levels tend to fluctuate such as: puberty, pregnancy, menopause, and andropause. Common symptoms can include hot flashes, night sweats, irritability, depression, anxiety, mood swings, weight gain, sleep disturbances, and decreased libido.

Low Thyroid Section

Your Score

< 9 | It is not likely that you have Low thyroid

9-28 | Low thyroid is a possibility.

> 28 | Low thyroid is very likely.

Hypothyroidism is becoming more common as awareness about it increases, however; it is still regularly under-diagnosed due to insufficient testing and an extremely wide "normal range" that does not take one's individual "optimal range" into consideration. Common symptoms can include fatigue, weight gain, cold hands and feet, constipation, dry skin, hair loss, brittle nails, muscle and joint pain, brain fog, and depression.

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Estrogen Dominance Section

Your Score

< 5 | It is not likely that you have estrogen dominance

5-8 | Estrogen dominance is a possibility.

9-20 | Estrogen dominance is probable.

> 20 | Estrogen dominance is very likely.

Estrogen dominance is a term that describes a condition where a woman does not have enough progesterone to balance out the effects of the estrogen in her body. Even a woman with low estrogen levels can have estrogen dominance symptoms if she doesn't have enough progesterone. The ratio of estrogen to progesterone is used to determine this condition. Common symptoms can include irregular/heavy periods, weight gain, fluid retention, breast tenderness, low libido, depression, anxiety, hair loss, uterine fibroids, PMS, and insomnia.



How Do I Fix It?



First, we must identify what the issue is and then we can resolve it. How are you suppose to fix a problem if you don't know what it is? How do we do that? We do that by taking a detailed medical history and medical testing. I know, I have been through it myself and it was really hard. In the end, I balanced my hormones and took back my life. You can too! So when you are ready, let's take that journey together.

Want to know **EXACTLY** what your body is telling you?



Schedule Your consult TODAY!

I Want To Know



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*Let's
Connect*

