



Hormonal Imbalances In Women



Hormonal imbalances can occur when too many or too little hormones are present in the bloodstream. These are essential as the body's chemical messengers; hence a slight imbalance can cause various symptoms.

Before you can correct a hormonal imbalance, you need to know which hormones are out of balance, and the best way to do this is through a combination of testing and recognising symptoms.

Some people experience continual, irregular hormonal imbalances. A person should speak to a doctor about long-term unexplained symptoms, especially those that cause pain, discomfort, or interfere with everyday activities.

There are many symptoms associated with hormonal imbalance. Listed below are some common symptoms representing a specific type of hormone imbalance.

1. Progesterone deficiency

This is the most common hormone imbalance among women of all ages.

Common symptoms of this include:

- 🌿 PMS
- 🌿 Early miscarriage
- 🌿 Unexplained weight gain
- 🌿 Anxiety, depression, and mood swings
- 🌿 Insomnia
- 🌿 Painful and/or lumpy breasts
- 🌿 Cyclical headaches
- 🌿 Infertility
- 🌿 Abdominal pain
- 🌿 Spotting between periods
- 🌿 Vaginal dryness
- 🌿 Low libido
- 🌿 Low blood sugar
- 🌿 headaches

2. Oestrogen deficiency

This hormone imbalance is most common in menopausal women.

Common symptoms of this include:

- 🌿 Vaginal dryness
- 🌿 Painful intercourse
- 🌿 Bladder infections
- 🌿 Hot flashes
- 🌿 Night sweats
- 🌿 Memory and concentration problems
- 🌿 Lethargic depression
- 🌿 Headaches
- 🌿 Breast tenderness
- 🌿 Fatigue

3. Excess oestrogen

Common symptoms of this include:

- 🌿 Puffiness and bloating
- 🌿 Weight gain
- 🌿 Anxious depression
- 🌿 Trouble sleeping
- 🌿 Weepiness
- 🌿 Swollen and tender breasts
- 🌿 Heavy bleeding
- 🌿 Mood swings
- 🌿 Headaches
- 🌿 Hair loss
- 🌿 Cold hands or feet
- 🌿 Fatigue
- 🌿 Decreased sex drive
- 🌿 PMS
- 🌿 Irregular menstrual periods
- 🌿 Fibrocystic lumps in your breasts
- 🌿 Anxiety and panic attacks

4. Oestrogen dominance

When you don't have enough progesterone to balance the effects of oestrogen.

Common symptoms of this include:

- 🌿 A combination of symptoms of progesterone and oestrogen deficiency
- 🌿 Migraine headaches
- 🌿 Foggy thinking
- 🌿 Gallbladder problems

5. Excess androgens (Male hormones)

Common symptoms of this include:

- 🌿 Acne
- 🌿 Excessive hair on the face and BODY thinning on the head
- 🌿 Ovarian cysts
- 🌿 Polycystic ovary syndrome (PCOS)
- 🌿 Hypoglycaemia and/or unstable blood sugar
- 🌿 Infertility
- 🌿 Mid-cycle pain
- 🌿 Cholesterol problems
- 🌿 Deep or hoarse voice
- 🌿 Insulin resistance
- 🌿 Darkly pigmented areas on the skin
- 🌿 High blood pressure
- 🌿 Obesity around the mid-abdomen
- 🌿 Enlargement of the clitoris

6. Cortisol deficiency

This is caused by tired adrenals, which is usually caused by chronic stress.

Common symptoms of this include:

- 🌿 Debilitating fatigue not relieved by sleep
- 🌿 Decreased ability to handle stress
- 🌿 Mild depression
- 🌿 Unstable blood sugar
- 🌿 Low blood pressure
- 🌿 Intolerance to exercise
- 🌿 Difficulty getting up in the morning
- 🌿 Craving salt and sugar
- 🌿 Symptoms increase if meals are skipped or are inadequate
- 🌿 Don't wake up till 10. Afternoon low between 3 and 4 & feeling better after the evening meal
- 🌿 Decreased sex drive
- 🌿 Decreased ability to handle stress
- 🌿 Mild depression
- 🌿 Increased PMS
- 🌿 Memory problems
- 🌿 Decreased tolerance
- 🌿 Decreased productivity
- 🌿 Thoughts; less focussed & fuzzier
- 🌿 Increased time to recover from illness

7. Androgen deficiency

Common symptoms of this include:

- 🌿 Low Libido
- 🌿 Fatigue
- 🌿 Reduced sense of wellbeing

IF YOU HAVE SOME OF THESE SYMPTOMS, DIG DEEPER AND GET TO THE BOTTOM OF YOUR HORMONAL CONDITION.

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Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.