



Hormonal imbalances in women

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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.
- 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
- 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:

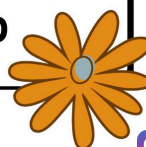
- Low Libido.
- Fatigue.
- Reduced sense of wellbeing.

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 information is to arouse interest & awareness. Do your own research and empower yourself.