

Balance Your Hormones Naturally

Is Your Body Trying to Tell You Something?

Your body is always communicating with you—through energy levels, mood shifts, skin changes, cravings, and even how well you sleep. These aren't just random quirks; they're red flags pointing toward deeper imbalances. When something feels "off," it's your body's way of urging you to look under the hood and address the root cause.

Hormones are at the center of it all. When they're balanced, you feel energized, clear-headed, and in tune with your body. But when they're not? That's when symptoms show up—like fatigue that coffee won't fix, bloating that lingers, or mood swings that feel out of your control.

This quiz is your first step toward understanding what your body is asking for. For each symptom that applies to you, give yourself one point. At the end of each section, tally your score to identify which hormonal patterns might be playing a role in how you feel.

Once you have your results, don't stop there. Knowing is just the beginning—true transformation happens when you take action.

Your health is your foundation. Let's get you back to feeling your best and thriving!

Hormone Quiz

Give 1 point for each symptom, then tally your total for each section.
These are the most common symptoms for each hormonal state.

HIGH ESTROGEN

- Fibrocystic Breasts
- Breast Swelling & Tenderness
- Water Retention
- Weight Gain
- Heavy or Irregular Cycles
- Headaches
- Mood Swings
- Menstrual Clots
- Uterine Fibroids
- Anxiety
- Irritability
- Fatigue

____ /12 Total

LOW ESTROGEN

- Night Sweats
- Hot Flashes
- Depression
- Vaginal Dryness
- Insomnia or Disrupted Sleep
- Urinary Incontinence
- Hair Loss
- Dry Skin
- Low Libido
- Bone Loss
- Brain Fog or Memory Lapses

____ /11 Total

HIGH PROGESTERONE

*LOW ESTROGEN SYMPTOMS PLUS:

- Insomnia
- GI Bloating
- Depression
- Headache
- Breast Swelling
- Irritability
- Fatigue

____ /7 Total

LOW PROGESTERONE

*HIGH ESTROGEN SYMPTOMS PLUS:

- Fibrocystic Breasts
- Mid Cycle Spotting
- Mood Swings
- Depression
- Low Libido
- Insomnia
- Anxiety
- Irritability
- Menstrual Cramps
- Heavy or Irregular Menses
- Acne
- Brain Fog
- Anovulation

____ /13 Total

Hormone Quiz

Give 1 point for each symptom, then tally your total for each section
These are the most common symptoms for each hormonal state.

HIGH TESTOSTERONE

- Acne
 - Insomnia
 - Irritability
 - Hair Loss (scalp)
 - Excess Hair Growth (face & body)
 - Clitoral Enlargement
- ____/6 Total

LOW TESTOSTERONE

- Prolonged Fatigue
 - Depression
 - Low Libido
 - Muscle Weakness
 - Bone Loss
 - Vaginal Dryness
 - Urinary Incontinence
 - Fibromyalgia
 - Brain Fog or Memory Lapses
- ____/9 Total

LOW/HIGH CORTISOL

ADRENAL FATIGUE

- Fatigue
- Sweet & Carb Cravings
- Irritability
- Depression
- Sleep Disturbances
- Low Libido
- Hair Loss
- Anxiety
- Dizziness
- Light Sensitivity
- Headache
- Symptoms of low Progesterone
- Symptoms of low Thyroid

____/13Total

Hormone Quiz

Give 1 point for each symptom, then tally your total for each section.
These are the most common symptoms for each hormonal state.

HIGH THYROID

- Rapid Heart Beat
- Diarrhea
- Insomnia
- Weight Loss
- Agitation
- Increased Sweating
- Dry Skin
- Thin Skin
- Hair Loss
- Heat Intolerance

____/10 Total

LOW THYROID

- Fatigue (especially PM)
- Weight Gain
- Low Stamina
- Cold Hands & Feet
- Low Libido
- Headache
- Dry Skin
- Depression
- Hair Loss
- Brittle Nails
- Brain Fog or Poor Memory
- High Cholesterol
- Anovulation
- Constipation
- Fibromyalgia

____/15 Total

Hormone Quiz Results

Your body has been trying to talk to you through symptoms like fatigue, brain fog, weight gain, low libido, mood swings, and disrupted sleep. This quiz helps decode what your symptoms are pointing to. Your highest score reveals the most dominant imbalance, but it's not uncommon to have two or more hormone patterns playing a role. Below, you'll find what each pattern means, a quick win to start feeling better today, and how to take your next best step.



HIGH ESTROGEN (ESTROGEN DOMINANCE)

Symptoms: Bloating, heavy cycles, mood swings, breast tenderness, weight gain

Quick Win: Add 1–2 tbsp of ground flaxseed daily to help your body bind and eliminate excess estrogen.

Next Step: Detox Estrogen in the 14-Day Detox to support liver pathways and estrogen clearance.

[Click HERE to Start the Detox Today.](#)



LOW ESTROGEN

Symptoms: Night sweats, low libido, insomnia, dry skin, depression, memory lapses

Quick Win: Eat phytoestrogen-rich foods like flax, sesame seeds, and tofu. Take a 20-minute walk to boost estrogen signaling.

Next Step: Reset and Rebuild your body with the 6 week Forgotten Hormones program

[Click HERE to Rebuild Your Hormonal Foundations Today.](#)



LOW PROGESTERONE

Symptoms: Anxiety, spotting, PMS, mood swings, poor sleep

Quick Win: Drink chamomile tea before bed and start your day with protein to support progesterone production.

Next Step: the 14-Day Detox to lower cortisol + detox excess estrogen, then go deep with the Forgotten Hormones Program to support natural progesterone as Step 2.

[Click HERE to Start the Detox Today.](#)

Hormone Quiz Results

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HIGH TESTOSTERONE

Symptoms: Acne, irritability, hair loss, excess hair growth, PCOS signs

Quick Win: Start your day with apple cider vinegar + protein and walk after meals to reduce insulin spikes.

Next Step: Balance blood sugar + androgens through the 14-Day Detox.

[Click HERE to Start the Detox Today.](#)



LOW THYROID (HYPOTHYROIDISM)

Symptoms: Fatigue, cold extremities, weight gain, dry skin, foggy brain

Quick Win: Add 2 Brazil nuts daily (selenium) + avoid gluten for 2 weeks.

Next Step: The 14-Day Detox helps reduce inflammation and support thyroid conversion, then go deep with the Forgotten Hormones Program to balance your thyroid within your larger endocrine system as Step 2.

[Click HERE to Start the Detox Today.](#)



CORTISOL IMBALANCE/ADRENAL FATIGUE

Symptoms: Wired-but-tired, sugar cravings, anxiety, disrupted sleep

Quick Win: Do a 2-minute vagus nerve reset: inhale 5 seconds, exhale 5 seconds, repeat.

Next Step: Remove hidden stressors + restore balance through the Forgotten Hormones Program.

[Click HERE to Rebuild Your Hormonal Foundations Today.](#)

This quiz is the first step toward understanding your hormones. Real healing comes when you take action. Let's reset your body, restore your energy, and rebalance your hormones — naturally.

In Health,

Dr. Jenny Abercrombie, ND