



Hormone Symptom Mapper

Symptom	Low Estrogen	High Estrogen	Low Progesterone	High Cortisol	Low Cortisol	High Insulin	Low Thyroid
Achy joints/muscles							
Anxiety							
Brain Fog							
Breast Tenderness							
Bloating							
Cellulite							
Cravings Sugar/Salt				 Sugar	 Salt	 Sugar	
Depression							
Dry, Itchy Skin/Eyes							
Easily Stressed							
Emotionally Sensitive							
Fatigue							
Frequently Sick							
Fibroids (breast ovary)							
Hair Loss							
Headaches							
Heart Palpitations							
High Cholesterol							
Hot Flashes							
Irritability							
Low Sex Drive							
Mood Swings							
Osteoporosis							
Painful Irregular Periods							
Painful Sex/Vaginal Dryness							
Post-menopausal Bleeding							
Saggy Skin/Breasts							
Sleep Issues							
Unstable or High Blood Sugar							
Weight Gain							
Water Retention							