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# HORMONE IMBALANCE PROFILE

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& the Hormone Rebalance Centre Team

## HORMONE IMBALANCE PROFILE

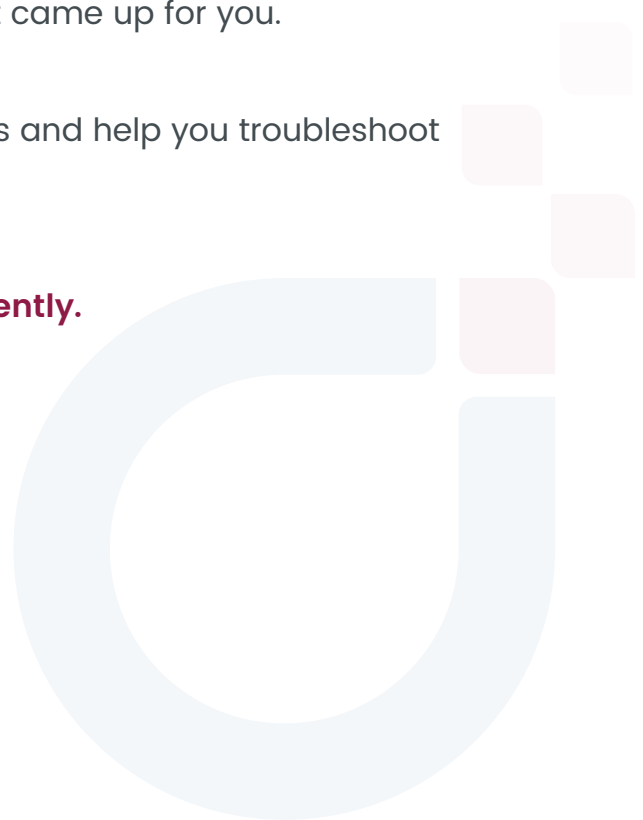
### **You can't track what you can't measure!**

Before you begin this program, I recommend taking this hormone questionnaire to understand what hormonal imbalances you may be struggling with. Make sure to repeat this at the end of the program to understand what you need to further work on.

Tally up your answers and use the Hormone Imbalance Guide and Create Your Own Hormone Prescription Guide to personalize your own treatment plan based on the prominent imbalances that came up for you.

This will help you track your symptom changes and help you troubleshoot the next steps in your healing journey.

### **Check the symptoms that apply to you currently.**



## HORMONAL IMBALANCE # 1:

Fibromyalgia	
Night eating syndrome (walking at night to binge eat)	
Fatty liver (diagnosed on ultrasound)	
Eczema, skin rashes, hives, or acne	
Alzheimer's disease	
Elevated/High cholesterol	
Elevated/High Blood Pressure	
Loss of muscle tone in arms and legs, difficulty building or maintaining muscle	
Fat gain around the abdomen, or "love handles"	
Arthritis, bursitis, tendonitis, or joint stiffness	
Water retention in hands or feet	
Gout	
Heart disease	
Parkinson's disease	
Depression	
Varicose veins	
Sagging, thinning skin	
Increase pain or poor pain tolerance	
Inflammatory bowel disease/Crohn's/Colitis and/or gastritis	
High alcohol consumption (> than 4 drinks per week)	
Autoimmune disease	
Aches and pains	
Loss of bone density (osteopenia) or osteoporosis	
Generalized overweight/weight gain/obesity	
Cellulite	
Diabetes (type 2)	
Sleep disruption or deprivation	
Headaches or migraines	
Acne	
Sensitivity to fragrances	
Bronchitis, allergies (food or environmental), hives or asthma have worsened or developed	
HS- CRP (C-reactive protein) on bloodwork higher than 1.0 and/or ESR (Erythrocyte Sedimentation Rate) <10 mmol/hour	
<b>Hormone Imbalance #1 TOTAL: (high focus if score is &gt;10)</b>	

## HORMONAL IMBALANCE #2:

Fatigue after eating (especially a high carbohydrate meal)	
Cellulite	
Sleep disruption or deprivation	
Abnormal hair growth on face, chin (women)	
Vision changes / cataracts	
Fat gain around abdomen or "love handles"	
Gout	
Heart disease	
High cholesterol, high triglycerides or high blood pressure	
Fatty liver (diagnosed by doctor)	
Diabetes (Type II) or pre-diabetes (elevated HbA1C on blood-work >5.6% or fasting glucose >5.8 mmol/L)	
Burning feet at night (especially while in bed)	
Water retention in the face/puffiness	
Age spots and wrinkling	
Poor memory, concentration, or Alzheimer's disease	
Infertility or irregular menses	
Fat over triceps	
Generalized overweight/weight gain/obesity	
Hypoglycemia: shakiness if you skip a meal, feeling "hangry"	
Cravings for sweets/ carbs	
Sagging skin	
Skin tags	
Acanthosis nigricans (a skin condition characterized by light brown to black patches or markings on the neck or underarms)	
<b>Hormone Imbalance #2 TOTAL: (high focus if score is &gt;9)</b>	

## HORMONAL IMBALANCE #3:

Loss of libido/sex drive	
High alcohol consumption (>4 drinks per week)	
Infertility or absent menses (unrelated to menopause)	
Feeling wired at night	
Feeling on "edge" or easily irritated	
Feeling overwhelmed by stress	
Hives, allergies (food and environmental), asthma or bronchitis	
Autoimmune disease	
Use of corticosteroids	
Water retention in face/puffiness	
Poor memory or concentration	
Feeling "second wind" at night that keeps you from falling asleep	
Hair loss	
Frequent colds and flus	
Heart palpitations and/or fast heart rate	
Fat gain around the abdomen or "love handles"	
A "buffalo hump" of fat on the back of neck/upper back	
Difficulty building or maintaining muscle	
Difficulty falling asleep	
Difficulty staying asleep (especially waking between 2-4am)	
Less than 7.5 hours of sleep per night	
Irritable bowel or frequent gas and bloating	
Hypothyroidism and/or under functioning thyroid	
Cravings for sweets or carbs	
Feeling shaky if I don't eat	
<b>Hormone Imbalance #3 TOTAL: (high focus if score is &gt;9)</b>	

## HORMONAL IMBALANCE #4:

Feeling tired after exercise	
Reduced ability to handle stress	
Feeling “burned out”	
Feeling very fatigued in the mornings, even after a full night of sleep	
Feel like I want to take naps during the day despite a full night of sleep	
Poor memory	
Muscle weakness and/or loss of muscle tone in arms and legs	
General aches and pains and/or joint stiffness	
Loss of motivation	
Loss of libido/ sex drive	
Craving salty foods	
Low blood pressure / feeling dizzy or faint when you get up quickly	
Feel like I can’t function without coffee or black tea throughout the day	
Get sick often and/or take longer to heal than before	
Prone to hypoglycemia (feeling shaky or “hangry” if I skip a meal)	
<b>Hormone Imbalance #4 TOTAL: (high focus if score is &gt;6)</b>	

## HORMONAL IMBALANCE #5:

High alcohol consumption (>4 drinks per week)	
Heavy, painful periods	
Fibroids	
Endometriosis (diagnosed or suspected)	
Fibrocystic breast	
Cyclical breast tenderness and swelling	
Cyclical water retention/bloating	
Cyclical weight gain	
Cyclical headaches or migraines (especially right before a period)	
Cyclical mood swings or mood swings that are worse around my period (PMS)	
Intense sugar cravings around my period	
Current use of hormone replacement therapy or birth control pills	
Fat gain at hips, but or thighs	
Cellulite	
Gallbladder problems or gallbladder removal	
Elevated estradiol, estrone and/or estriol on blood work, saliva testing or urine testing	
Elevated 4-OH-E1, 16-OH-E1 and/or low 2-OH-E1 on urine testing	
Family or personal history of breast cancer	
<b>Hormone Imbalance #5 TOTAL: (high focus if score is &gt;6)</b>	

## HORMONAL IMBALANCE #6:

Shrinking or sagging breasts	
Dry, thinning or sagging skin	
Urinary incontinence (urine leakage when laughing, coughing, sneezing)	
Vaginal dryness	
Painful intercourse	
Bleeding after intercourse	
Frequent bladder infections and/or yeast infections	
Hair loss	
Poor memory or concentration	
Depression, mood swings, and/or irritability	
Feeling very emotional and weepy	
Achy joints	
Menopause	
Hot flashes	
Night sweats	
Dry eyes or cataracts (women)	
Loss of libido	
Very light periods	
Fat gain around the abdomen and "love handles" if you are 45+	
Loss of bone density (osteopenia) or osteoporosis	
<b>#6 TOTAL: (high focus if score is &gt;7)</b>	



## HORMONAL IMBALANCE #7:

Fibrocystic breast	
Irregular periods (>35 days, unrelated to menopause)	
Short menstrual cycle (<25 days) or excessively long bleeding time (>6 days)	
PMS characterized by breast tenderness, anxiety, sleep disruption and/or weight gain	
PMS symptoms begin 7-10 days before bleeding	
Difficulty getting pregnant and/or history of miscarriages	
Headaches around my period	
Dry skin or skin that has lost its fullness	
Water retention/bloating, especially around the period	
Hair loss	
Feeling cold and/or cold hands/feet	
Heart palpitations	
Hot flashes	
Irritability and/or anxiety	
Loss of libido	
Difficulty falling or staying asleep	
Restless legs, especially at night	
<b>TOTAL: (high focus if score is &gt;6)</b>	

## HORMONAL IMBALANCE #8:

Skin tags	
Acanthosis nigricans (a skin condition characterized by light brown to black patches or markings on the neck or underarms)	
Fatty liver	
Abnormal hair growth on face	
Hair loss from the scalp, hair thinning and/or hair-line receding	
Irritability, aggregation or easily agitated	
Infertility (trying for >6 months)	
Acne	
Oily skin and/or hair	
Been diagnosed or have suspected PCOS (polycystic ovarian syndrome)	
Infrequent periods (>35 days)	
<b>Hormone Imbalance #8 TOTAL: (high focus if score is &gt;4)</b>	



Healthy Hormones  
Healthy Weight Loss

## HORMONAL IMBALANCE #9:

Fatigue	
Depression or anxiety	
Painful intercourse	
Loss of libido (sex drive)	
Decreased sexual satisfaction	
Poor tolerance for exercise	
Loss of muscle tone in arms and legs	
Difficulty building or maintaining muscle	
Poor memory or concentration	
Loss of bone density (osteopenia) or osteoporosis	
Thinning, dry skin	
Loss of motivation or competitive edge	
<b>Hormone Imbalance #9 TOTAL: (high focus if score is &gt;5)</b>	

## HORMONAL IMBALANCE #10:

Chronic fatigue	
Brain fog and/or memory loss	
Constipation	
Hair loss on scalp	
Brittle hair and/or nails	
Generalized weight gain that is difficult to lose	
Irregular periods or periods longer than 35 days	
Dry skin and/or hair	
Cold and cold hands and feet	
Often feeling cold for no obvious reason	
Aches and pains and/or joint pain	
Heart palpitations	
1/2 Outer edge of eyebrows thinning/disappearing	
Depression and low moods	
Water retention/puffiness in hands or feet	
High cholesterol	
Recurrent headaches	
Don't sweat as often	
<b>Hormone Imbalance #10 TOTAL: (high focus if score is &gt;6)</b>	

## SUMMARY

Hormone Imbalance	My Total:	High focus if score is >	Hormonal Imbalance Involved
Hormone Imbalance #1		>10	Inflammation / Poor Detox
Hormone Imbalance #2		>8	Excess Insulin
Hormone Imbalance #3		>9	Excess Cortisol
Hormone Imbalance #4		>6	Low Cortisol
Hormone Imbalance #5		>6	Excess Estrogen
Hormone Imbalance #6		>7	Low Estrogen
Hormone Imbalance #7		>6	Low Progesterone
Hormone Imbalance #8		>4	Excess Testosterone
Hormone Imbalance #9		>5	Low Testosterone
Hormone Imbalance #10		>6	Low Thyroid

**Next, Review the Hormone Imbalance Guide to  
make your Customized Health Prescription!**



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