

Hormone Quiz

Please print out and check the boxes that apply to you. Or tally up each section on a separate piece of paper.

Which symptoms are you currently experiencing? - PART 1

- Bone loss (like osteopenia or osteoporosis)?
- Feeling like you are constantly running from task to task?
- Feeling jittery, unfocused or moody when hungry?
- Tired and wired?
- Sugar cravings (dinner feels incomplete without something sweet)?
- Indigestion, acid reflux or ulcers?
- A struggle to calm down and slow down?
- Pink or purple stretch marks on your belly or back?
- Quick to get angry?
- Infertility or subfertility?
- Hard time getting over adversity or diseases?
- Hair loss?
- Difficulty falling asleep and/or staying asleep?
- Water retention (puffy face, fingers or feet)?
- Memory lapses, especially when emotional?
- Frequent colds and flus?
- Heart palpitations?
- Muffin top?
- Poor skin like eczema, thinning skin?

Which symptoms are you currently experiencing? - PART 2

- Mild depression?
- Fatigue or burnout (you use coffee to keep you going)?
- Salt cravings?
- Low blood pressure?
- Feeling dizzy after getting up from a seated and lying position?
- Feeling very negative in the way you see life and people?
- Crying for no good reason or getting easily emotional?
- Loss of stamina, especially in the afternoon and evening?
- Can't get out of bed or you only "wake up" after 2 cups of coffee?
- Decreased problem-solving skills?
- Decreased stress tolerance?
- Struggle to get over simple cold, flu or infections?
- Low or unstable blood sugar levels?
- Lower sex drive?

Which symptoms are you currently experiencing? - PART 3

- Dry skin or skin that has lost its fullness?
- Headaches, especially around your period?
- Ovarian cysts, breast cysts or endometriosis?
- Itchy or restless legs, especially at night?
- Miscarriages in the first trimester?
- Infertility or subfertility (can't hold on to a pregnancy)?
- Heavy or painful periods?
- Bloating, especially in the belly and ankle area and/or water retention?
- Painful and/or swollen breasts?
- Irregular periods and/or cycles that became more frequent as you age?
- Hot flashes?
- Irritability and/or anxiety?
- Difficulty falling and/or staying asleep?

Which symptoms are you currently experiencing? - PART 4

- Gallbladder problems or removal?
- Spider or varicose veins?
- Cellulite?
- Heavy menstrual bleeding?
- Breast or ovarian fibroids?
- Irritability, mood swings or anxiety?
- Headaches or migraines, particularly before your period?
- Fat around your hips?
- Use of birth control pills?
- Heavy bleeding or postmenopausal bleeding?
- Bloating, puffiness or water retention?
- Enlarged breasts and/or breast tenderness?
- Endometriosis or painful periods?
- PMS and/or depression?
- Crying spells for no good reason?
- Can't fall asleep?

Which symptoms are you currently experiencing? - PART 5

- "Love handles" or fat gain around abdomen?
- Poor memory ("why did I walk into this room")?
- Night sweats and hot flashes?
- Leaky or overactive bladder?
- Emotional fragility, especially when compared to years ago?
- Depression, anxiety and lethargy (loss of enthusiasm)?
- Trouble falling and staying asleep?
- Achy joints?
- Loss of interest in exercise?
- Bone loss or osteoporosis?
- Vaginal dryness, irritation or loss of feeling?
- Dryness in the eyes, skin and/or vagina?
- Low sex drive?
- Painful sex?
- Dry and saggy skin?
- Thinning skin?
- Shrinking and sagging breasts?
- Menopause?

Which symptoms are you currently experiencing? - PART 6

- Constantly hungry or increased appetite?
- Acne?
- Oily skin and/or hair?
- Hair loss on scalp?
- Hair growth on chin, upper lip, breasts or stomach?
- Infertility?
- Shrinking and saggy breasts?
- Irritability, aggression or easily agitated?
- Fat gain around your belly?
- Craving sweets or carbohydrates?
- Fatty liver?
- Discoloration of your armpits (darker and thicker than your normal skin)?
- Hypo- or hyperglycemia (high or low blood sugar levels)?
- Depression and/or anxiety?
- Ovarian cysts or PCOS?
- Midcycle pain?

Which symptoms are you currently experiencing? - PART 7

- Hair loss?
- Eyebrow and/or eyelash hair loss?
- Weight gain in spite of diet and exercise?
- Depression, anxiety and/or lethargy?
- Flickering of the eyelids?
- Brittle and/or thinning hair, nails and skin?
- Dry skin?
- High cholesterol?
- Muscle or joint pains and aches?
- Constipation?
- Tingling in your hands and/or feet?
- Cold hands and/or feet?
- Fatigue?
- Foggy brain (slow thoughts, hard to focus)?
- Infertility?
- Lower sex drive?
- A family history of thyroid problems
- An enlarged thyroid?
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You have completed your quiz!

Results

Tally up each section and refer to results below. Don't be surprised if you have numerous hormone imbalances.

Hormones work synergistically which means if one is out of balance usually there are others.

How to interpret your results:

If you marked three or more symptoms in one category you likely have hormone imbalance. If you have marked more than three boxes in one or more groups, move to the answers below. If you have marked more than 5 symptoms in one or more groups, move to the answers below however, you may want to order your hormone saliva kit [here](#) and allow us to develop a protocol specifically for you.

Please note that the quiz is only a tool to help identify hormone imbalances. Your next step is to start seeking answers.



Section 1 High Cortisol

If you marked 3 or more boxes, you likely are suffering from high cortisol levels.

In today's world women have been taught to value their worth on just how much they can do in a day. Holding down a job, five days a week, while raising children, cleaning a house, cooking food, working out and maintaining a relationship is completely normal in today's society. Unfortunately to our bodies this is far from normal.

Cortisol is your fight or flight hormone which is a super important feature we have for survival but too much cortisol is not a good thing. When your cortisol levels remain high it signals to your body that there could be a famine coming or some other form of stress to the body and to be prepared. Guess how the body prepares for that famine? By storing your fat, cortisol not only will store your fat but will also increase insulin levels, and insulin is the fat storage hormone. To make matters worse high cortisol increases blood sugar to help get you through the stressful situation, but high blood sugar = increased sugar cravings.

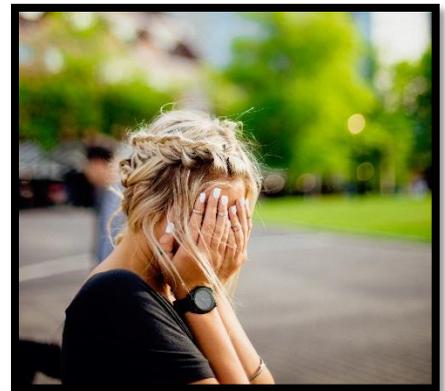
Diet: Paleo, AIP Paleo or Ketogenic

Keep your blood sugar stable

Avoid sugar in the diet and refined carbohydrates to keep from spiking your insulin production. Ancestral diets naturally keep you away from those foods.

Supplement and Lifestyle Recommendations

In the OnTrack program we have a detailed program specifically on managing cortisol levels. Includes supplement and lifestyle recommendations.



Section 2 Low Cortisol

If you marked 3 or more boxes, you likely are suffering from low cortisol levels.

During periods of stress, the adrenal glands produce high levels of cortisol, so long periods of chronic stress are characterized by elevated long-term cortisol levels. High cortisol levels cause women to age more quickly and increase the risk of heart disease. It leads to depletion of essential nutrients.

Overtime, the adrenal glands can not meet the demands of continued stress and become fatigued. Adrenal fatigue (Proper term for this is hypothalamic-pituitary adrenal axis dysfunction) eventually results in lower cortisol because the glands cannot continue the elevated production.

Diet: Paleo or Basic Whole Foods

Going to low carb can be an extra stressor on your system so Ketogenic is not recommended. Lowering refined carbohydrates and eating nutrient dense foods is key.

Supplement and Lifestyle Recommendations

In the OnTrack program we have a detailed program specifically on managing cortisol levels. Includes supplement and lifestyle recommendations.



Section 3 Low Progesterone

If you marked 3 or more boxes, you likely are suffering from low progesterone.

Estrogen's favorite sidekick is progesterone and they work together to achieve hormone balance. With so much estrogen in our environment we tend to see estrogen dominance which in turn can create low progesterone.

With the gradual drop in estrogen but severe drop in progesterone, there is not enough progesterone to balance the amount of estrogen in our body. Many women in their mid-thirties, most women during peri-menopause (mid-forties), and essentially all women during menopause (age 50 and beyond) are overloaded with estrogen and have too low progesterone. Progesterone like estrogen is a sex hormone it helps prepare your body for conception and pregnancy and regulates the monthly menstrual cycle. It also plays a key role in sexual desire, something many women feel they are lacking in.

Diet: Paleo, Basic Whole Foods or Ketogenic

Eat lots of healthy fats

We make hormones through healthy fats via cholesterol. It is key to include lots of healthy fats to balance your hormones like: avocado, coconut oil, olive oil, grass fed meat, fatty fish, nuts and seeds.

Supplement and Lifestyle Recommendations

In the OnTrack program we have a detailed program specifically on balancing hormones. Includes supplement and lifestyle recommendations and in-depth video training.



Part 4 High Estrogen

If you marked 3 or more boxes, you likely are suffering from high estrogen.

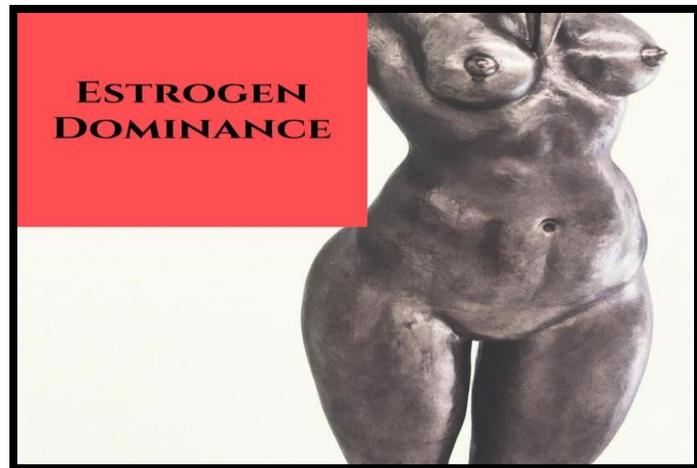
If all is in check, Estrogen gives us soft, voluptuous, wrinkle free womanliness AND the ability to make us orgasm! If Estrogen is not in check, she becomes the beast making us overweight, angry, and certainly not sexual!

There are a few reasons why estrogen dominance is the most common hormonal imbalance found in women, one reason being that our overall estrogen levels (in women and men) are too high because of xenoestrogens – man made chemicals in the environment that mimic estrogen in our bodies and act as endocrine disruptors even in minute concentrations.

Not only are we being bombarded in the outside world but also inside our own bodies. If you are overweight, you will also be producing too much estrogen and the heavier you are the worse it can be. This is because fat cells produce estrogen so the more you have the more you are producing.

Diet: Paleo or Ketogenic

A diet high in conventionally raised red meat and refined carbohydrates can cause estrogen overload! Eat a diet rich in pasture raised meats, nuts, fresh low glycemic fruits and vegetables. Stay clear of white bread, sugar and majority of processed foods. A Paleo or Ketogenic based diet is what I recommend the most to estrogen dominant women.



Remove xenoestrogens

Try to eliminate all sources of xenoestrogens you can do this by eating organic food including meat. Avoid harsh chemicals in your home and switch to all-natural products wherever you can. Use essential oils for air fresheners and perfumes.

Supplement and Lifestyle Recommendations

In the OnTrack program we have a detailed program specifically on balancing hormones. Includes supplement and lifestyle recommendations and in-depth video training.

Part 5 Low Estrogen

If you marked 3 or more boxes, you likely are suffering from low estrogen.

Often occurring during menopause and characterized by hot flashes, loss of libido, and mood swings, both a surplus and a deficit of estrogen can lead to **serious side effects** and general discomfort. At menopause, estrogen levels fall drop. Physical and emotional changes are associated with fluctuating estrogen levels during the transition to menopause, called perimenopause. This phase typically lasts two to eight years.

Lower stress

Your body produces cortisol to allow you to cope with stress. However, consistently high levels of cortisol can be damaging to your body. This is why prolonged stress is not good for your health.

The hormone estrogen helps maintain the level of cortisol in the body.

As you go through the menopause, the levels of estrogen begin to drop. This means you are unable to regulate cortisol levels in your body as effectively as before, causing you to experience stress more readily.

Diet: Ketogenic

Eat lots of healthy fats

We make hormones through healthy fats via cholesterol. It is key to include lots of healthy fats to balance your hormones like: avocado, coconut oil, olive oil, grass fed meat, fatty fish, nuts and seeds. Ketogenic diet is best for this phase in a woman's life as it helps to control blood sugar and support the hormonal system. Low carb Paleo is another alternative to the Keto diet that works well for women in perimenopause.

Supplement and Lifestyle Recommendations

In the OnTrack program we have a detailed program specifically on balancing hormones. Includes supplement and lifestyle recommendations and in-depth video training.





Part 6 High Androgens

If you marked 3 or more boxes, you likely are suffering from high androgens.

Androgens are sex hormones that include DHEA and testosterone. Women with high levels of a form of testosterone called "free" testosterone have polycystic ovary syndrome (PCOS), characterized by irregular or absent menstrual periods, infertility, blood sugar disorders (type 2 diabetes), and, in some cases, symptoms

like acne and excess hair growth. Most women with PCOS are overweight or obese, though a small percentage have a normal body weight. Left untreated, high levels of androgens, regardless of whether a woman has PCOS or not, are associated with serious health consequences, such as insulin resistance and diabetes, high cholesterol, high blood pressure and heart disease.

Lower stress

Stress raises cortisol which in turn raises blood sugar it is key to stabilize blood sugar with high androgens.

Diet: Ketogenic diet

Following a ketogenic diet has been shown to help improve symptoms of PCOS.

Supplement and Lifestyle Recommendations

In the OnTrack program we have a detailed program specifically on balancing hormones. Includes supplement and lifestyle recommendations and in-depth video training.

Part 7 Low Thyroid

If you marked 3 or more boxes you likely are suffering from low thyroid.

Your thyroid gland secretes hormones TSH T3 T4 free T3 and free T4, these help regulate heart rate, maintain healthy skin, and play a crucial part in metabolism aka ability to lose weight! When the gland is sluggish (hypothyroidism), it can rob you of energy, dry out your skin, make your joints ache, cause weight gain, and kick-start depression. Not so much fun!

Underlying causes of Thyroid Disorders

The two main reasons for thyroid disorders are nutrient deficiency and autoimmune disease.

Nutrient deficiencies can be from the following;

- Iodine: a crucial nutrient for thyroid function
- Zinc: required for the synthesis of thyroid hormone
- Selenium: a cofactor for iodotyronine deiodinase, is required to convert T4 into T3

Autoimmune disease is when the body is attacking its own tissue in this case attacking its own thyroid gland which is called Hashimotos disease.

Diet: Autoimmune Paleo or Paleo

Avoid problem foods that may trigger an autoimmune response: Certain foods like nightshade vegetables, eggs, wheat and dairy products may exacerbate autoimmune disease in certain people. My recommendation is to follow an Autoimmune Paleo diet for 30 days and then add them back in one at a time to determine if they're causing problems. If you do not have an autoimmune condition Paleo diet is best.

Supplement and Lifestyle Recommendations

In the OnTrack program we have a detailed program specifically on the Thyroid. Includes supplement, lab recommendations, lifestyle recommendations and in-depth video training.



Now what?

If you have determined that you likely have hormone imbalance now it's time to take action! Getting your hormones in check can lead to weight loss, mood stabilization, increased sex drive, healthy skin, hair and nails, fertility boost and so much more!

Inside the OnTrack program we walk you through step by step on how to address each of the hormones above as well dive into insulin another majority factor in weight loss and health.

You can now test your hormones in the comfort of your own home! Each hormone kit comes with a free one on one interpretation session with Karen Martel expert in women's weight loss and hormone health.

Order your kit [here](#).

Join [OnTrack](#) now and get started balancing those hormones!



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