

Hormone Quiz

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

PART 1- Which symptoms are you currently experiencing?

- 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?
- Weight gain despite diet and exercise?

Total: _____

PART 2- Which symptoms are you currently experiencing?

- 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?
- Weight gain despite diet and exercise?

Total: _____

PART 3 - Which symptoms are you currently experiencing?

- Sluggishness?
- Muscle weakness?
- Fatigue?
- Reduced sex drive?
- Decreased sexual satisfaction?
- Weight gain despite diet and exercise?
- Infertility?
- Vaginal dryness?
- Loss of bone density?
- Painful intercourse?
- Depression?

Total: _____

PART 4 - Which symptoms are you currently experiencing?

- 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?
- Weight gain despite diet and exercise?

Total: _____

PART 5 - Which symptoms are you currently experiencing?

- "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?
- Weight gain despite diet and exercise?

Total: _____

Part 6 - Which symptoms are you currently experiencing?

- 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?
- Weight gain despite diet and exercise?

Total: _____

PART 7 - Which symptoms are you currently experiencing?

- Hair loss?
- Eyebrow and/or eyelash hair loss?
- Weight gain despite 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?

Total: _____

PART 8 - Which symptoms are you currently experiencing?

- Hair loss?
- Eyebrow and/or eyelash hair loss?
- Weight gain despite diet and exercise?
- Fatty liver?
- High cholesterol?
- Abdominal obesity?
- Elevated blood sugar?
- Acne?
- PCOS?
- Skin tags?
- High blood pressure?
- Muscle weakness?
- Low blood sugar (hypoglycemia)?
- Brain fog?
- Dark skin under chin, groin, or armpits?

Total: _____

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

*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

Your test result for **High Cortisol** was_____ .

< 3 | It is not likely that you have high cortisol.

3-6 | High cortisol is a possibility.

> 6 | High cortisol is very likely.



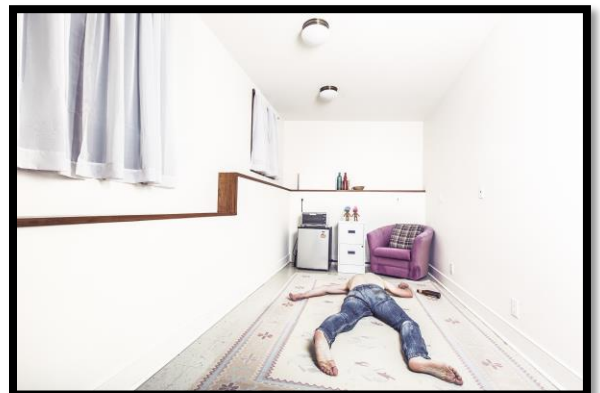
Section 2 Low Cortisol

Your test result for **Low Cortisol** was_____ .

< 3 | It is not likely that you have low cortisol.

3-6 | Low cortisol is a possibility.

> 6 | Low cortisol is very likely.



Section 3 Low Testosterone

Your test result for **Low testosterone** was _____ .

< 3 | It is not likely that you have low testosterone.

3-6 | Low testosterone is a possibility.

> 6 | Low testosterone is very likely.



Part 4 High Estrogen

Your test result for **High Estrogen** was _____ .

< 3 | It is not likely that you have high estrogen.

3-6 | High estrogen is a possibility.

> 6 | High estrogen is very likely.



Part 5 Low Estrogen

Your test result for **Low Estrogen** was _____ .

< 3 | It is not likely that you have Low estrogen.

3-6 | Low estrogen is a possibility.

> 6 | Low estrogen is very likely



Part 6 High Testosterone

Your test result for **High Testosterone** was_____ .

< 3 | It is not likely that you have high testosterone.

3-6 | High testosterone is a possibility.

> 6 | High testosterone is very likely.



Part 7 Low Thyroid

Your test result for **Low Thyroid** was_____ .

< 3 | It is not likely that you have low thyroid.

3-6 | Low thyroid is a possibility.

> 6 | Low thyroid is very likely.



Part 8 Insulin Resistance

Your test result for **Insulin Resistance** was_____ .

< 3 | It is not likely that you have insulin resistance.

3-6 | Insulin Resistance is a possibility.

> 6 | Insulin Resistance is very likely.

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!

Take your results and refer to the "The Ultimate Guide to Balancing Your Hormones" eBook and individual courses for details on each section including what type of diet to follow, supplement and lifestyle recommendations.

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