

Unbalanced Hormones

SIGNS AND STMTOMS

ESTROGEN

**TOO MUCH: MOOD SWINGS. BREAST TENDERNESS.
WEIGHT GAIN. INCREASED RISK OF CANCER. HEADACHES.
CYSTS ONOVARIES. FIBROIDS. HEAVY PERIODS**

**TOO LITTLE: NIGHT SWEATS. INSOMNIA. DEPRESSION.
VAGINAL DRYNESS. INCONTINENCE**

CYNTHIA WILLIAMS WELLNESS

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TESTOSTERONE

**TOO MUCH: OILY SKIN, ACNE, HAIR GROWTH ON CHIN,
ABS AND CHEST, HAIR LOSS ON HEAD**

**TOO LITTLE: LOSS OF MUSCLE, LOW MOTIVATION FOR
LIFE – CAN BE CONFUSED FOR DEPRESSION, LOSS OF
LIBIDO, WEIGHT GAIN**

CYNTHIA WILLIAMS WELLNESS

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CORTISOL

**TOO MUCH: WIRED & TIRED FEELING. IRREGULAR SLEEP.
INCREASED BELLY FAT**

**TOO LITTLE: EXHAUSTED. WEAKENED IMMUNE SYSTEM.
SICK OFTEN. SORES/WOUNDS WON'T HEAL. CHRONIC
HEADACHES. HEADACHES UPON WAKING**

CYNTHIA WILLIAMS WELLNESS

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PROGESTERONE

**TOO LOW: ANXIETY, HEAVY OR IRREGULAR PERIODS, MID
CYCLE SPOTTING, INFERTILITY**

TOO HIGH: MOODY, BREAST TENDERNESS, LETHARGIC

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THYROID HORMONE

**TOO LOW: IRREGULAR PERIODS, INFERTILITY, DRY SKIN,
HAIR LOSS, BRQIN FOG**

**TOO HIGH: RAPID HEART RATE, JITTER, HAIR LOSS ON
HEAD**

CYNTHIA WILLIAMS WELLNESS