

Symptoms of Hormonal Imbalance

1. Hot flashes, flushes, night sweats and/or cold flashes, clammy feeling
2. Bouts of rapid heart beat
3. Irritability
4. Mood swings, sudden tears
5. Trouble sleeping through the night (with or without night sweats)
6. Irregular periods; shorter, lighter periods; heavier periods, flooding; phantom periods, shorter cycles, longer cycles
7. Loss of libido (see note)
8. Dry vagina, a general drying out that can include eyes, mouth, joints and skin. (see note)
9. Crashing fatigue
10. Anxiety, feeling ill at ease
11. Feelings of dread, apprehension, doom (see note)
12. Difficulty concentrating, disorientation, mental confusion
13. Disturbing memory lapses
14. Incontinence, especially upon sneezing, laughing, urges incontinence (see note)
15. Itchy, crawly skin (see note)
16. Aching, sore joints, muscles and tendons (see note)
17. Increased tension in muscles
18. Breast tenderness
19. Headache change: increase or decrease
20. Gastrointestinal distress, indigestion, flatulence, gas pain, nausea
21. Sudden bouts of bloating
22. Depression (see note)
23. Exacerbation of existing conditions
24. Increase in allergies
25. Weight gain (see note)
26. Hair loss or thinning, head, pubic, or whole body; increase in facial hair
27. Dizziness, light-headedness, episodes of loss of balance
28. Changes in body odor
29. Electric shock sensation under the skin and in the head (see note)
30. Tingling in the extremities, (see note)
31. Gum problems, increased bleeding
32. Burning tongue, burning roof of mouth, bad taste in mouth, dry mouth, change in breath odor
33. Osteoporosis (after several years)
34. Changes in fingernails: softer, crack or break easier
35. Tinnitus: ringing in ears, bells, 'whooshing' buzzing etc.
36. Arthritis
37. Autoimmune disorders such as lupus, dermatitis and thyroiditis and possible Sjogren's disease
38. Breast Cancer
39. Breast cysts
40. Gallbladder disease

41. High blood pressure
42. Hypoglycemia
43. Increased blood clotting (increasing risk of strokes)
44. Infertility
45. Magnesium deficiency (sugar cravings)
46. Osteoporosis
47. Polycystic ovaries
48. Skin: Rosacea, rashes, and dermatitis
49. Uterine cancer
50. Yeast infection

Symptom 7 (loss of libido) For some women the loss is so great that they actually find sex repulsive, in much the same way as they felt before puberty. What hormones give, loss of hormones can take away.

Symptom 8 (dry vagina) results in painful intercourse

Symptom 11 (doom thoughts) includes thoughts of death, picturing one's own death

Symptom 14 (incontinence) reflects a general loss of smooth muscle tone

Symptom 15 (itchy, crawly skin) feeling of ants crawling under the skin, not just dry itchy skin

Symptom 16 (aching sore joints) may include such problems as carpal tunnel syndrome

Symptom 22 (depression) different from other depression, the inability to cope is overwhelming. There is a feeling of loss of self. Hormone therapy ameliorates the depression dramatically.

Symptom 25 (weight gain) often around the waist and thighs, resulting in 'the disappearing waistline

Symptom 29 (shock sensation) "the feeling of a rubber band snapping in the layer of tissue between skin and muscle. It is a precursor to a hot flash"

Symptom 30 (tingling in extremities) can also be a symptom of B-12 deficiency, diabetes, alterations in the flexibility of blood vessels, or a depletion of potassium or calcium

Some of these signs may also be symptoms of one of the following:

- * hypothyroidism
- * diabetes
- * depression with another etiology
- * Multiple Sclerosis
- * other medical conditions

If you have reason to believe you may have one of these conditions, please see your doctor for treatment.