



HORMONE IMBALANCE QUIZ

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HOW QUIZ WORKS:

Get a pen and paper.

Write a list "Section 1-6"

Each section lists 5 symptoms - count how many you experience and write across each section.

Get your results at the end!



SECTION 1

I have gained weight or have difficulty losing weight, especially around my hips, butt, and thighs

My periods are heavy & painful

I often get headaches & migraines

I often feel bloated and puffy

I often feel irritable and experience moods swings

TOTAL CHECKED:



SECTION 2

I have difficulty with my memory

I struggle with anxiety and depression

I have difficulty sleeping and wake at night

My periods are shorter than 3 days

My joints hurt and I am prone to joint injuries

TOTAL CHECKED:

SECTION 3

- I experience PMS 7-10 days before my period
- My breasts are painful or swollen before my period
- I have painful, heavy or difficult periods
- I have had a miscarriage in the first trimester
- I experience restless legs, especially at night

TOTAL CHECKED:

SECTION 4

I have acne

I have oily skin and/or hair

I have PCOS

I have abnormal hair growth on my face, chest and abdomen

I struggle with anxiety and depression

TOTAL CHECKED:

SECTION 5

I have a low sex drive

I am tired and fatigued throughout the day and have been diagnosed with adrenal fatigue syndrome

I am unable to gain muscle and losing muscle mass

I have been diagnosed with osteoporosis

I've struggle with depression, anxiety and panic attacks.

TOTAL CHECKED:

SECTION 6

- I am dizzy when I stand up too quickly
- I get sick often have difficulty getting over it
- I crave salty or sweet foods constantly
- I am tired in the morning even after a full night's sleep
- My energy crashes in the afternoon

TOTAL CHECKED:

SECTION 7

I feel overwhelmed by stress

I have high blood pressure or a fast heart rate

I have extra weight around my midsection

I get second wind at night that keeps me from falling asleep

I wake between 2-4AM and can't go back to sleep

TOTAL CHECKED:

SECTION 8

- I have brain fog and feel like my memory is shotty
- I am constantly constipated and need stimulant to get a bowel movement
- My periods are irregular and occur more than 35 days apart
- I have dry skin and/or hair
- I am tired no matter how much I sleep.

TOTAL CHECKED:



LET'S SEE YOUR RESULTS

0-1 box checked - this category is unlikely to be a problem for you

2-3 boxes checked - this area needs your attention

4-5 boxes checked - this might be your troublemaker and what's aggravating your symptoms



SYMPTOMS EXPLAINED

SECTION 1 - Too Much Estrogen

SECTION 2 Too Little Estrogen

SECTION 3 Too Little Progesterone

SECTION 4 Too Much Testosterone

SECTION 5 Too Little Testosterone

SECTION 6 Too Little Cortisol

SECTION 7 Too Much Cortisol

SECTION 8 Too Little Thyroid Hormone

A woman with long, wavy blonde hair is looking down in a garden. She is wearing a light blue long-sleeved top. The background is filled with lush green foliage and various flowers, including blue and pink blooms. The scene is brightly lit, suggesting a sunny day.

NEXT STEPS:

1. Follow me on Instagram @dinara.mukh for more tips on hormonal health.
2. Schedule 30 minutes discovery call with me to discuss your symptoms and how I can help you by clicking [HERE](#)