

YOUR HORMONES WORKSHEET

Which of the following do you experience?

1. ovulation pain
2. facial hair
3. no periods or irregular periods
4. cystic breasts
5. anxiety

My skin is also...

1. flushed or often red
2. oily
3. dry and thin
4. lacks colour
5. greasy - I'm prone to eczema

What's most relevant to your period?

1. heavy period
2. irregular period
3. missing period
4. spotting before period
5. always late

My weight is....

1. increasing mostly in the mid section
2. all over
3. not a real issue
4. I feel puffy and swollen
5. Tops of arms and thighs - rapid gain

Generally I feel....

1. Stressed
2. Depressed
3. Low moods
4. Fatigued
5. Anxious

If I had to explain my hormones & moods what would be most relevant?

1. PMS feeling most of the cycle (not limited to the pre menstrual window)
2. Difficulty concentrating/low confidence
3. Low grade depression
4. Frequent mood swings
5. Fuzzy mind

My acne is....

1. mostly on my neck
2. everywhere
3. around my mouth
4. not an issue (I don't have acne)
5. along my jawline

My libido is best explained as

1. Fine, sometimes up and down
2. Always high
3. I can't actually have sex, it hurts.
4. Very low, I have vaginal dryness
5. Low

Ticked mostly number 1 – Hello Oestrogen Dominance.

Excess oestrogen is the modern day epidemic when it comes to hormone imbalance. Oestrogen is driven wild by so many factors including diet, lifestyle, stress levels, exposure to toxins, gut health, other regulating systems including your thyroid and your liver. Symptoms of excess oestrogen in the body most commonly include irregular cycles or delayed ovulation, fibroids, endometriosis, PCOS, cystic breasts, anxiety, depression and weight gain.

For more information on excess oestrogen and how to overcome hormone imbalance you might like to check out the Masterclass, [Debunking PCOS](#). (don't be fooled by the name, what you need to do everyday to balance your hormones doesn't change - it's about taking action).

Ticked mostly number 2 - Too Much Of a Good Thing - Excess Androgens

Testosterone is important to help to support healthy bones as we age as well as support healthy muscle mass, happy moods, memory and healthy hair, skin, nails and libido but what you need to know is that too much testosterone is also related to hormone issues like Poly Cystic Ovarian Syndrome (PCOS). It can drive weight to the waist, see it that we grow a better beard than our dad (ok maybe not that bad, but facial hair is super frustrating for many women) as well as changes in skin leading to acne as well as oily hair.

It's always good to get to the bottom of your hormone issues which is absolutely why I'm on a mission to help women understand their body's better. You might like to check out my [Debunking PCOS Masterclass](#) to really help you make inroads into your health and your hormones. After all, it's what you do as part of your everyday regime that can take your health in one of two directions - better or worse.

Ticked mostly number 3 – Where Did They Go? Low Hormones

Sometimes for reasons like the use of synthetic hormones or an unhappy gut, our sex hormones can go offline, taking a break from doing what they should. Truthfully there can be so many reasons why this may happen outside of the use of synthetic contraception. Stress, poor lifestyle... it does often come down to your genetic predisposition layered with life circumstances and influences. In any case you don't have to settle for average health and we can always work at moving our body back to better days.

Symptoms of low hormones include missing periods, droopy breasts, low moods, vaginal dryness, poor flexibility, brain fog to name a few. Often there may be thyroid or adrenal involvement that can be the missing link in getting your hormones to fire up again. My [Debunking Your Thyroid Masterclass](#) is here to help! If you'd like further information and support with your hormones, you can check it out [here](#).

Ticked mostly number 4 – Bring It back - Low Progesterone

Progesterone is the hormone that steps into full throttle during the second phase of our menstrual cycle. Progesterone is also present in higher levels during pregnancy which helps explain why for many women things are better whilst pregnant.

Low progesterone can also see a host of symptoms, including poor sleep/insomnia, weight gain, water retention and bloating, emotional issues including anxiety as well as impact your thyroid's potential to work to it's best ability. Perhaps if you're nodding your head to these symptoms you might like to consider where your hormones are at.

Progesterone is also called upon to help with the production of the stress hormone cortisol.

The very necessary hormone that helps us in times of stress. Whilst we see [cortisol](#) as the 'bad guy' it really is there to help us survive and without it, we'd be in a world of trouble.

Taming cortisol and using it to your advantage is where it's at. I'm always here to help!

There are a few of my Masterclasses which may help you steer your hormones in the right direction. If you've identified low progesterone may be the culprit you might like to look at exactly where your stress is at with my [Debunking Stress Master Class](#). Understanding your menstrual cycle and if progesterone is an issue, my Master Class [Debunking Ovulation](#) is where it's at. No matter what, we are here to help!

Ticked mostly number 5 – Stress is ranking - High Cortisol

Based on this quick worksheet, it is more than likely that your high cortisol is running the show, pulling the hand break on your sex hormones leaving you feeling like another more frantic version of yourself!

There isn't a magic bullet to addressing your possible crazy-out-of-control cortisol other than assessing your stress, remembering stress looks like the following and more. Overworked, poor digestion/compromised gut health, inflammation, ability to detoxify, environment – both chemicals in our environment, a messy environment or a toxic environment from bad relationships, nutrient lacking diet, toxic lifestyle, unresolved emotions, unkind thoughts, on repeat, I get it. – the list is overwhelming. As always I have a couple of solutions for you.

First and foremost, there are a gazillion things that can turn on your stress response aka your 'fight or flight', but only one thing that can turn off that parasympathetic response – and that's breath.

Just 5 belly breaths is enough for most of us to turn things down and flip us back into 'rest and digest.' That's where our body likes to be, unless we've tried to trick it into something else.

In my e-course, [Debunking Stress](#), I dig deep into these factors – what's driving stress, how you can identify your own stress and what you can do to help your body cope better. You can check that out [here](#). Debunking Stress is a 2 hour lecture style masterclass where you will hear from people who are no stranger to stress, like Bianca Dye, who openly talks about her own battles. We dig deep into how you can turn down the cortisol and gain better balance in your own life. It's just \$57 and you can watch it from your couch!

Disclaimer

The following hormone descriptions and details are by no means medical advice. These conclusions are based on common symptoms Nat has seen both in the clinic and compiled by her research. The following may be a prompt for you to look further into your hormones and to be seen as a very rough and vague guide to the internal landscape of your body. Should you have any concerns what so ever, please seek the appropriate health care advice.