



Symptoms of Hormonal Imbalances for Men & Women

Did you know that the following symptoms can all be related to a hormonal imbalance in your body? **To be evaluated call (978) 682-0200.**

From reproductive hormones such as progesterone, estrogen and testosterone, to the adrenal hormones of cortisol and adrenaline, and even the hormone cholesterol, your endocrine system can tell more about your health than you might ever suspect.

- Hypothyroid
- High Cholesterol
- Elevated Liver Enzymes
- Bloating
- Craving carbohydrates and sweets
- Chronic stress reactions
- Lack of vitality and energy
- Muscle and joint pain
- Anger and irritability
- Migraine headaches
- Sleep disturbances
- Poor memory
- Alcohol intolerance
- Low sex drive
- Hot Flashes and Night Sweats
- Low body temperature or get cold easily when others are comfortable
- Vaginal dryness
- Endometriosis
- PMS and cramps
- Constipation
- Difficulty concentrating, mental confusion, brain fog
- Aching, sore joints
- Increased tension in muscles
- Breast tenderness
- Gastrointestinal distress, indigestion, flatulence, gas, nausea
- Sudden bouts of bloating
- Exacerbation of existing conditions
- Increase in allergies
- Dizziness, light-headedness, loss of balance
- Changes in body odor
- Electric shock sensations under skin and in the head
- Tingling in the extremities

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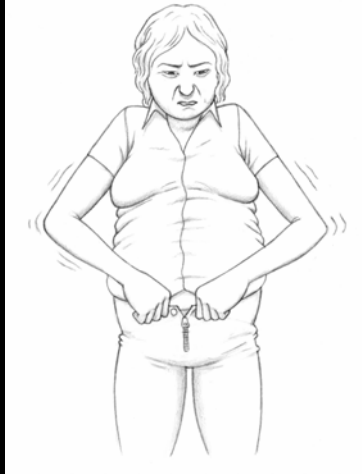
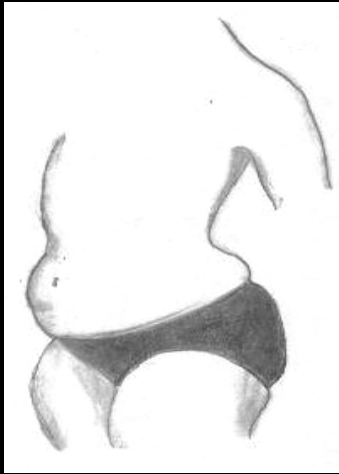


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Page 2

- Tinnitus: ringing in ears, bells, 'whooshing' buzzing etc.
- Miscarriages
- Startle Easily
- Panic Attacks
- Chronic Back Pain
- Heavy Periods Food allergies
- Fibromyalgia symptoms
- Heel and foot pain
- Painful urination
- Restless legs at night
- Inability to relax
- Panic attacks and anxiety
- Thinning hair
- Excess facial hair
- Gallbladder problems
- Bladder infections and incontinence
- Depression and mood swings
- Impotence or soft erections
- Indifference to life
- Weight Gain, especially through the waist
- Memory lapses
- Painful or irregular menstrual periods
- Bouts of rapid heart beat
- Sudden tears
- General drying out that can include eyes, mouth, joints and skin
- Crashing Fatigue
- Feelings of dread
- Gum problems, increased bleeding
- Burning tongue, burning roof of mouth, bad taste in mouth, dry mouth, change in breath odor
- Osteoporosis (after several years)
- Changes in fingernails: softer, crack or break easier
- Immune system problems, allergies, catch colds easily
- Sinus infections
- Diabetes, hypoglycemia or other blood sugar
- Infertility in men and women

CONTINUED ON PAGE 3



Is
something
STOPPING
YOU from
LOSING
FAT?

What Body Shape are you?



FREE *WELLNESS*
WORKSHOP

CALL 978-682-0200

380 Merrimack St.
Methuen, MA
Natural Health Services
Irene Beikoussis, MS, CHHP, NC

SOME HIGHLIGHTS:

- Learn the **TWO** causes of **BELLY FAT**.
- Learn the biggest reason why weight loss has become difficult despite efforts to diet and exercise?
- Find out **WHEN** high PROTEIN diets might be more destructive than beneficial.
- Understand what CRAVINGS to sweets, breads, chocolate and salty foods mean and what your body is trying to tell you?
- Understand what the 4 body shapes mean internally.
- Learn the biggest mistake people make while exercising, which prevents the burning of **FAT**. This one thing can cost you lots WASTED time and effort with minimal weight loss.
- Learn the reason why women gain weight after **MENOPAUSE** and after pregnancy.
- Find out the connection between **STRESS** and weight gain.
- Take a short quiz to find out what **DIET** you should implement based on you body shape. This will explain why you can't put everyone on the same diet and expect to be successful.
- See a test to determine if your weight is water or actual fat.
- Learn the **ONE** thing you must **AVOID** if you want to lose weight.