

Koshland Pharm

Custom Compounding Pharmacy

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www.koshlandpharm.com

Symptoms of Hormone Imbalance

Estrogen Deficiency Symptoms:

- | | | |
|--|---|--|
| <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Dry skin | <input type="checkbox"/> Yeast infections |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> Headaches | <input type="checkbox"/> Painful intercourse |
| <input type="checkbox"/> Sleep disturbances | <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Vaginal dryness/atrophy | <input type="checkbox"/> Memory lapses | <input type="checkbox"/> Low libido |
| | <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Bone loss |

Estrogen Excess Symptoms:

- | | | |
|---|--|---|
| <input type="checkbox"/> Water retention | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Uterine fibroids |
| <input type="checkbox"/> Heavy, irregular menses | <input type="checkbox"/> Craving for sweets | <input type="checkbox"/> Low thyroid symptoms |
| <input type="checkbox"/> Breast swelling and tenderness | <input type="checkbox"/> Weight gain | <input type="checkbox"/> Nervousness / anxiety / irritability |
| | <input type="checkbox"/> Fibrocystic breasts | |
| | <input type="checkbox"/> Mood swings | |

Progesterone Deficiency Symptoms:

Many of the symptoms of Estrogen Excess, plus:

- | | | |
|--|---|---|
| <input type="checkbox"/> Swollen breasts | <input type="checkbox"/> Mood swings | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Weight gain | <input type="checkbox"/> Irregular menses | <input type="checkbox"/> Fuzzy thinking |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Depression | <input type="checkbox"/> Acne |
| <input type="checkbox"/> Low libido | <input type="checkbox"/> Cramping | <input type="checkbox"/> Joint pain |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> PMS | |

Progesterone Excess Symptoms:

Many of the symptoms of Estrogen Deficiency, plus:

- | | | |
|--|--|--|
| <input type="checkbox"/> Somnolence | <input type="checkbox"/> Mild depression | <input type="checkbox"/> Candida exacerbations |
| <input type="checkbox"/> Gastrointestinal bloating | <input type="checkbox"/> Breast swelling | |

Testosterone Deficiency Symptoms:

- | | | |
|---|---|--|
| <input type="checkbox"/> Fatigue, prolonged | <input type="checkbox"/> Muscle weakness | <input type="checkbox"/> Vaginal dryness |
| <input type="checkbox"/> Mental fuzziness | <input type="checkbox"/> Diminished feeling of well being | <input type="checkbox"/> Incontinence |
| <input type="checkbox"/> Memory problems | <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> General aches/pains |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Thinning skin | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Decreased libido | <input type="checkbox"/> Bone loss | |
| <input type="checkbox"/> Blunted motivation | | |

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Testosterone Excess Symptoms:

- Acne
- Male-pattern hair growth
- Deepening of voice
- Clitoral enlargement
- Irritability/moodiness
- Insomnia
- Loss of scalp hair

Symptoms of Low and High Cortisol (Adrenal Fatigue):

- Fatigue
- Allergies
- Cravings for sweets
- Irritability
- Chemical sensitivities
- Bone loss
- Anxiety
- Sleep disturbances
- Depression
- Low libido
- Hair loss
- Anxiety
- Elevated triglycerides
- Symptoms of hypothyroidism
- Symptoms of low progesterone

Symptoms of Low Thyroid:

- Fatigue (especially evening)
- Low stamina
- Cold extremities
- Low body temperature
- Low libido
- Headaches
- Dry skin
- Intolerance to cold
- General aches and pains
- Weight gain
- Depression
- Anxiety
- Scalp hair loss
- Swollen, puffy eyes
- Brittle nails
- Decreased swelling
- Low pulse rate/blood pressure
- Poor concentration
- Memory lapses
- High cholesterol
- Heart palpitations
- Infertility
- Constipation
- Fibromyalgia