

Name _____ Date _____

Estrogen Dominance

SIGNS, SYMPTOMS AND ASSOCIATIONS OF ESTROGEN DOMINANCE

(Circle any symptoms you have)

Attention Deficit Disorder	Allergies, including asthma, hives, rashes, sinus congestion	Anxiety, often with depression
Breast cancer	Breast tenderness	Autoimmune disorders such as lupus erythematosus and Hashimoto's thyroiditis and possibly Sjorgren's syndrome (dry mouth/dry eyes)
Calcium deposits	Cervical dysplasia (class 3 pap smear)	Cold hands and feet
Craving of sweets	Decreased sex drive	Depression with anxiety or agitation
Dry eyes	Early onset of menstruation	Endometrial (uterine) cancer
Fat gain, especially around the hips, thighs and back of arms	Fatigue	Fibrocystic breasts
Fluid retention	Gall bladder disease	Good skin
Headaches	Heavy menses	Hypoglycemia
Inability to lose weight	Increased blood clotting (increasing risk of strokes)	Increased HDL
Increased sensitivity to sight, sound or emotion	Infertility	Irritability
Insomnia	Large breast	Loss of scalp hair
Migraines	Mood swings	Palpitations
Panic attacks	Excessive vaginal bleeding	Water retention, bloating
Prostate cancer/enlarged prostate	Sluggish metabolism	PMS
Weight gain	Yeast infections	Symptoms of hypothyroidism with normal thyroid blood test
Insulin resistance or Type II diabetes		