

## ESTROGEN DOMINANCE

### SIGNS, SYMPTOMS AND ASSOCIATIONS ESTROGEN DOMINANCE

(Printout and circle any symptoms you have)

<ul style="list-style-type: none"> <li>• Fluid retention</li> <li>• Hypoglycemia</li> <li>• Yeast infections</li> <li>• Sluggish metabolism</li> <li>• Excessive vaginal bleeding</li> <li>• Mood swings</li> <li>• Large breast</li> <li>• Infertility</li> <li>• Increased blood clotting</li> <li>• Heavy menses</li> <li>• Cold hands and feet</li> <li>• Depression with anxiety or agitation</li> <li>• Autoimmune disorders</li> <li>• Insulin resistance or Type II diabetes</li> <li>• Breast cancer</li> <li>• Dry eyes</li> <li>• Weight gain</li> <li>• Headaches</li> <li>• Calcium deposits</li> <li>• Migraines</li> <li>• Panic attacks</li> <li>• Increased sensitivity to sound, sight or emotion</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Symptoms of hypothyroidism</li> <li>• Allergies</li> <li>• PMS</li> <li>• Water retention</li> <li>• Bloating</li> <li>• Palpitations</li> <li>• Loss of scalp hair</li> <li>• Irritability</li> <li>• Increased HDL</li> <li>• Breast tenderness</li> <li>• Cervical dysplasia</li> <li>• Decreased sex drive</li> <li>• Early onset of menstruation</li> <li>• Gallbladder disease</li> <li>• Fatigue</li> <li>• Good skin</li> <li>• Fibrocystic breasts</li> <li>• Endometrial (uterine) cancer</li> <li>• Anxiety</li> <li>• Craving of sweets</li> <li>• Fat gain</li> <li>• Inability to lose weight</li> <li>• Insomnia</li> <li>• Prostate cancer/enlarged prostate</li> <li>• Attention deficit disorder</li> </ul>
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