

Task 1: Hormone Questionnaire

	Never	Rarely	Sometimes	Often	Very often
	1	2	3	4	5
Do you experience irregular menstrual cycles?					
Do you have painful periods?					
Do you experience mood swings related to your cycle?					
Do you suffer from bloating before or during your period?					
Have you noticed changes in your cycle length over the past year?					
Do you feel fatigued throughout the day?					
Do you experience headaches related to your cycle?					
Are your periods heavy (more than 16 tampons/pads per cycle)?					
Do you experience a low libido?					
Have you noticed any unexplained weight gain?					
Do you experience anxiety or low mood?					
Have you noticed hot flashes or night sweats?					
Do you have an absent period or only light bleeding?					
Do you experience acne related to your cycle?					
Have you noticed facial hair &/or hair thinning?					
Do you get tender &/or swollen breasts around your period?					
Do you experience ovulation pain or spotting between periods?					
Do you have trouble sleeping?					
Do you experience prolonged levels of stress?					
Do you experience brain fog or difficulty concentrating?					

0-10

Minimal hormone imbalances - Your reproductive hormones are likely to be within balance, but if your symptoms are impacting your daily life, then it's recommended that you work with a practitioner.

11-30

Mild hormone imbalances - You're likely experiencing mild hormonal imbalances. You may be able to manage these with diet and lifestyle changes, but if your symptoms are impacting your daily life, then it's recommended that you work with a practitioner for tailored support.

31-60

Moderate hormone imbalances - You're likely experiencing moderate hormonal imbalances that may be impacting your daily life. It's recommended that you work with your healthcare practitioner for personalised testing and treatment.

60+

Significant hormone imbalances - You're likely experiencing more significant hormonal imbalances that may be impacting your daily life. It's recommended that you work with your healthcare practitioner for personalised testing and treatment.

Most common hormonal imbalances

Estrogen dominance

Estrogen dominance, is when there is an excess of estrogen relative to progesterone. This can result in irregular cycles, PMS, heavy or painful periods, headaches, mood swings and worsening of endometriosis & fibroids. Common causes include poor detoxification of estrogen, exposure to endocrine-disrupting chemicals, stress and inflammation.
