

# Koshland Pharm

## Custom Compounding Pharmacy

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[www.koshlandpharm.com](http://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
- 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 sweating
- Low pulse rate/blood pressure
- Poor concentration
- Memory lapses
- High cholesterol
- Heart palpitations
- Infertility
- Constipation
- Fibromyalgia

**Symptoms of High Thyroid:**

- Rapid Heart Rate
- Diarrhea
- Insomnia
- Weight Loss
- Agitation
- Increased sweating
- Dry skin
- Heat Intolerance
- Thinning Skin
- Hair Loss