



5 DAY

Hormone Detox

**Hormone Health
Quiz**

This test is a great start to see if your hormones are out of balance. Be honest and true to yourself while taking the test.

THE HORMONE HEALTH QUIZ

Check all that apply:

- Absent periods
- Autoimmunity
- Body aches and pains
- Depressive states
- Difficult periods
- Difficulty conceiving
- Endometriosis
- Estrogen dominance
- Feeling exhausted all the time
- Fibroids or cysts
- Food Cravings
- Hot flashes and/or night sweats
- Joint pain
- Low sex drive
- Miscarriages
- Mood swings
- PCOS
- Resistant weight
- Skin issues
- Tender breasts
- Thinning hair, hair loss or excess hair

- ❑ Thyroid imbalance
- ❑ Water retention
- ❑ Weight gain – especially belly, hips and thighs

Analyze Your Results

If you checked:

1-2 boxes:

You should start working on your hormonal health now, it's easier to make changes before significant imbalances arise.

3-5 boxes:

You may be feeling signs related to hormone imbalance. If you are uncertain, consult your doctor and ask to be tested. You should adopt a healthy lifestyle and learn how to manage symptoms.

6+ boxes:

You may be feeling severe signs that can be helped. Consult your doctor immediately to confirm these signs are related to hormone imbalance or another condition. Ask your doctor to test your sex hormones and thyroid hormones. It may be beneficial to check stress hormones like cortisol too!

We've been told that uncomfortable symptoms are just a normal part of "being a woman and/or part of again" While many of these signs are common, they are not necessarily normal. You can take control of your hormone health, ask me how.

This quiz is not intended to diagnose. The intent of this quiz is to raise awareness of hormonal imbalance, so you can be informed and empowered.

WORK WITH ME

I look forward to working with you. Please contact me for your free 30 minute strategy session to discuss how I can help you effectively lose weight, detox with ease, and achieve endless energy.

Live lively again!

Jill Johnson

Certified Hormone Health Coach and Breath Coach

Lively-women.com

