

# SIGNS OF HORMONAL

# IMBALANCE



While these symptoms are common... they are not normal.

Period pain/debilitating cramps

Cyclical anxiety or depression

Low libido

Hormonal acne

Long cycles (>36 days)

Short cycles (<24 days)

Irregular or missing periods

Very light or heavy periods

Cyclical headaches or migraines

Intense cravings

Swollen, tender breasts

Insomnia

Mood swings

Hair loss

Feeling "wired + tired"

Extreme fatigue

Intense PMS