

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

## Cortisol Symptoms Checklist

If you have five or more of the following symptoms, you may have a cortisol imbalance:

In the last six months, have you had or felt:

- A feeling that you are constantly racing
- Wired yet tired
- Struggle to calm down or get a second wind before bedtime
- Difficulty sleeping or disrupted sleep
- Sense of anxiety or feeling nervous
- Quick to anger, scream or yell
- Memory lapses, feel distracted, especially under stress
- Sugar cravings
- Increased abdominal circumference
- Skin problems such as eczema and thin skin
- Bone loss
- High blood pressure
- High blood sugar
- Difficulty recovering from injury
- Difficulty recovering from colds
- Purple stretch marks (Go see your doctor if you suffer from this one)