

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

**Too Much Estrogen Symptoms Checklist**

In the last six months, have you experienced:

- Fatigue
- Crankiness
- PMS
- Depression
- Weight loss resistance
- Breast swelling
- Breast tenderness
- Weight gain all over (not just belly)

**Too Little Estrogen Symptoms Checklist**

In the last six months, have you experienced:

- Dryness *everywhere* (mouth, eyes, vagina)
- Loss of lubrication in the joints
- Hot flashes or night sweats
- Disinterest in sex
- Memory lapses
- Inconsistent mood