



the  
*Hormone*  
quiz

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FIND OUT WHERE YOU ARE AT  
WITH YOUR HORMONES

# WHERE ARE YOU AT?

How are your emotions?

- Do you feel more emotional than usual?
- Do you often feel like you have brain fog/can't think?
- Are you becoming forgetful?
- Do you frequently feel panicked or anxious?

What kind of new physical changes have happened?

- Are you feeling worn out and exhausted?
- Do you get hot flushes or night sweats?
- Do you have bladder leakage when you cough, laugh or sneeze?
- Do you have new mid-belly weight gain?
- Do you get vaginal burning or dryness?
- Do you have low sex drive?
- Have you had an increase in headaches or migraines?
- Are you waking between 1 and 3 am?

Is your menstrual cycle and associated symptoms changing?

- Is your menstrual flow longer than normal for you?
- Is your menstrual flow heavier than usual, or "flooding"?
- Do you have increased PMS or new cramping?
- Are your menstrual cycles coming closer together?
- Do you have new breast tenderness?



## ANALYSE YOUR RESULTS

The previous page outlines some of the symptoms that women who are beginning their journey through change experience.

These changes are due to hormones shifting during a period known as perimenopause.

While these symptoms commonly form part of the transition that women make, it doesn't mean that you should have to live with symptoms that interfere with your health and happiness.

Note: Always discuss any changes in your monthly cycle with your GP.

**If you checked:**

**1 - 3 boxes:** You have a few signs of hormone imbalance.

**4 - 7 boxes:** You have some signs of hormone imbalances; it's time to make some changes. If you work with your hormone health now, you will have an easier time transitioning through menopause later.

**8+ boxes:** You have many signs of hormonal imbalance that are likely affecting the quality of your life. Time to do something about it and take your life back. Schedule a check up with your GP to get some blood testing done.



*take care of your  
body when you hear  
it cry, so you don't  
have to listen to it  
scream*

## HEY THERE! I'M SHARON

I help women with perimenopausal hormone imbalance get their hormones balanced with acupuncture, herbs and supplements, and teach them how to thrive in the process.

I am on a mission, to help women suffering from perimenopausal hormone imbalance know that they can confidently navigate menopause and thrive in the process.

*follow me here*





# *Disclaimer*

This self-assessment is not intended to diagnose health problems. The intention is to raise awareness about how perimenopause symptoms may be affecting your health and the quality of your life.

If you have concerns about your hormone health, please talk with your regular GP.