

Decoding Your Symptoms

Check off all symptoms that resonate with you and get closer to understanding what's really going on with your hormones, energy, and stress levels.

HIGH CORTISOL

- A restless mind, constantly overthinking
- Your sleep is disrupted (waking between 2-4 am)
- You might feel puffy, inflamed, or bloated
- You gain weight in your midsection (even when eating well)
- You crave sugar & salt under stress
- You get an energy spike after caffeine, but crash midday
- Tired but anxious, restless, or alert at night

LOW CORTISOL

- You feel depleted and rundown
- Your sleep is deep but you wake up groggy/sluggish
- Heavy fatigue, brain fog, lack of motivation
- Everything feels overwhelming and emotionally draining
- You crave carbs & comfort foods ALL the time
- You struggle with low blood pressure, dizziness, or feeling weak
- Caffeine barely helps

BLOOD SUGAR

- Energy crashes between meals
- You feel shaky, dizzy, or irritable if meals are delayed
- You crave sugar or carbs, especially late afternoon or night
- Brain fog or trouble concentrating after eating
- Wake up starving OR have no appetite in the morning
- Mood swings that seem random

CYCLE & HORMONES

- Irregular menstrual cycles
- Skipped periods or very light cycles
- Unusually heavy, painful, or clot-filled periods
- Skin breakouts (chin, jawline, cheeks, neck, or back)
- Severe PMS symptoms (mood swings, bloating, cravings, irritability, fatigue)
- Mid-cycle cramping or pain (10-14 days before your period)

THYROID

- You experience persistent fatigue
- Unexplained weight gain or weight loss without changes in diet or activity
- You feel unusually cold or hot compared to others
- You experience muscle weakness, cramps, or joint pain
- Dry skin, hair loss, or brittle nails
- You observe a consistently slow or rapid heartbeat