



## HORMONE ESTROGEN TEST

[www.thrivinghealthywomen.com](http://www.thrivinghealthywomen.com)

Take the following test to find out if you are estrogen dominant:

I have anxiety before my period	5	<input type="checkbox"/>
I have an autoimmune disorder	20	<input type="checkbox"/>
I have breast cancer	5	<input type="checkbox"/>
I have hirsutism (excessive hair growth on your body)	5	<input type="checkbox"/>
I have taken the contraceptive pill for more than 6 months at some point in my life	5	<input type="checkbox"/>
I have depression or sadness before my period	5	<input type="checkbox"/>
I frequently suffer from dry eyes	5	<input type="checkbox"/>
I have endometriosis	10	<input type="checkbox"/>
I am tired all the time	5	<input type="checkbox"/>
I have fibrocystic breast disease	5	<input type="checkbox"/>
I have fibroids	10	<input type="checkbox"/>
I have decreased sex drive	5	<input type="checkbox"/>
I am infertile	10	<input type="checkbox"/>
I have irregular menstrual cycles	5	<input type="checkbox"/>
I get insomnia before my period	5	<input type="checkbox"/>
I have suffered a miscarriage (1st trimester)	10	<input type="checkbox"/>
I have osteoporosis	10	<input type="checkbox"/>
I suffer from PMS	10	<input type="checkbox"/>
I have polycystic ovary syndrome	20	<input type="checkbox"/>
I have low thyroid function	5	<input type="checkbox"/>
I suffer from water retention and bloating	5	<input type="checkbox"/>
I am experiencing weight gain around my hips and thighs	5	<input type="checkbox"/>
I have a yellowish skin discoloration	5	<input type="checkbox"/>

Total Points

If you have scored between 10 - 15 it's likely you have mild estrogen dominance  
If you have scored between 15 - 30 it's likely you have moderate estrogen dominance  
If you have scored 30+ it's likely you have severe estrogen dominance

Please take note that this is a simple test and does not accurately determine if you have a hormone imbalance.

The best way to know for sure is to do a saliva test. To make this process straightforward, you can purchase an excellent self-test kit provided by Nutritional Laboratory Services by clicking [here](#). You collect your sample at home and it is sent to the laboratory for thorough testing and you receive a complete report. This will tell you for sure if you have a hormone imbalance and if that's the case you can then take further action.

For further information on hormones click [here](#) to read our articles.