

**Once you have taken the Hormone Quiz, use the following information to interpret your results...**

### Section 1 – HIGH CORTISOL

- If you have **6 or more of these symptoms**, you are probably high in cortisol. This can lead to accelerated aging, and cause too much breakdown of cells and tissues. Over time, high cortisol causes a thickened waistline, or known more colloquially as the dreaded “muffintop,” and difficulty sleeping. Based on where you are with your symptoms, I recommend that you start a 15-minute meditation practice five days per week, or some other way to hit the “pause” button regularly. I’d suggest also that you consider taking fish oil, which is shown to lower cortisol.
- If you have **3 to 5 of these symptoms**, there’s a good chance you are high in cortisol. I recommend asking your doctor for a morning cortisol test. If your doctor is unwilling, go to [www.CanaryClub.org](http://www.CanaryClub.org) and order the diurnal cortisol, which gives you cortisol levels at four times during the day.
- If you have **1 or 2 of these symptoms**, it sounds like you are unlikely to have high cortisol at this point, which is great -- but keep in mind that this is the most common hormone imbalance I see in people, so please keep up the good work of managing your stress skillfully such as with a regular contemplative practice, limiting alcohol and sugar, and getting plenty of restorative sleep.

### Section 2 – LOW PROGESTERONE

- If you have **6 or more of these symptoms**, you are probably low or slow in progesterone. Low progesterone is common in women starting at age 35. If this is your issue, one proven treatment is to try Vitamin C and/or Chastetree vitex, an herb that was studied at Stanford and shown to raise blood progesterone.
- If you have **3 to 5 of these symptoms**, you may need to address this hormone imbalance; I recommend asking your doctor for a blood (serum) progesterone level on day 21 of your cycle. Ideally, the level should be more than 10, optimally 15 to 25 ng/mL.
- If you have only **1 or 2 symptoms**, you are unlikely to have low progesterone. Congratulations! But this is the most common hormone imbalance that arises for women after age 35, so make sure you track your symptoms carefully and retake this quiz if you start to show more symptoms as you enter perimenopause

### Section 3 – LOW CORTISOL

- If you have **6 or more of these symptoms**, you are probably low in cortisol. This can feel like burnout or depletion, and I recommend that you work with a knowledgeable integrative or functional medicine doctor or health coach. For a list of practitioners trained in The Gottfried Protocol, [click here](#).
- If you have **3 to 5 of these symptoms**, there's a good chance you are low in cortisol. I recommend asking your doctor for a morning cortisol or 4-point (diurnal) test. If your doctor is unwilling, go to [www.CanaryClub.org](http://www.CanaryClub.org) and order the diurnal cortisol, which gives you cortisol levels at four times during the day.
- If you have **1 or 2 of these symptoms**, it sounds like you are unlikely to have low cortisol at this point, which is great -- but keep in mind that this is the consequence of long-standing high cortisol, and you want to take care to prevent low cortisol from happening to you by skillfully managing stress, regularly de-stressing, eating nourishing foods and limiting alcohol and sugar, plus getting plenty of restorative sleep.

### Section 4 – LOW ESTROGEN

- If you have **6 or more of these symptoms**, you are probably low in estrogen. I recommend you start with adding flax seeds - 2 tablespoons to your food twice/day. Here's another treatment that is proven to help: Slow, deep breathing - about 5 second inhale, and 5 seconds exhale - for twenty minutes twice per day reduces hot flashes and night sweats by more than 40%. \
- If you have **3 to 5 of these symptoms**, there's a good chance you are low in estrogen but I'd recommend testing with your doctor in addition to trying black cohosh for hot flashes, and trying extra organic virgin coconut oil externally for dryness. When you ask your doctor to measure your blood level, look for a level of 50 or higher for the normal range. If necessary, you can order a home test to check your estrogen (estradiol) and progesterone, as the balance is key. I think of the estrogen and progesterone as tango partners. Estrogen is the curvaceous, flirty, extroverted partner of the pair and progesterone is the stable one, making estrogen look good. You need two, in balance, to tango.
- If you have **1 or 2 of these symptoms**, it sounds like you are unlikely to have low estrogen at this point, which is great -- but keep in mind that this occurs in most women in the year prior to their last period and thereafter. If you begin having more symptoms, retake the quiz.

### Section 5 – LOW THYROID

- If you have **6 or more of these symptoms**, you are probably low in thyroid hormone. I recommend you start a high potency multivitamin containing copper, zinc, and selenium. Cook with organic, extra virgin coconut oil. Limit soy to less than 2 servings per week, as this can slow the thyroid down further. Get your blood levels tested for TSH, Free T4, and Free T3 -- and keep your TSH between 0.3 and 2.5. Consider checking your anti-thyroid antibodies too - and go off gluten if your antibodies are elevated.
- If you have **3 to 5 of these symptoms**, there's a good chance you are low in thyroid hormone, and I recommend asking your doctor for a test. Get your blood levels tested for TSH, Free T4, and Free T3 -- and keep your TSH between 0.3 and 2.5. Consider checking your anti-thyroid antibodies too - and go off gluten if your antibodies are elevated. I recommend you start a high potency multivitamin containing copper, zinc, and selenium. Cook with organic, extra virgin coconut oil.
- If you have **1 or 2 of these symptoms**, it sounds like you are unlikely to have low thyroid at this point, which is great -- but keep in mind that 1 in 5 women develops thyroid difficulties over her lifetime. Be on the lookout for symptoms of low thyroid function -- particularly rising cholesterol, hair loss, weight gain, and fatigue.

### Section 6 – HIGH ESTROGEN

- If you have **6 or more of these symptoms**, you are probably estrogen dominant. Right away, I recommend that you reduce alcohol intake, as more than 3 servings per week has been shown to raise estrogen and increase a woman's risk of breast cancer. You may also want to check your estrogen metabolism with your doctor to see how many of the good versus less-good estrogens you're making. Beets help your liver as does fiber to reduce the burden on the less-good estrogens.
- If you have **3 to 5 of these symptoms**, there's a good chance you are high in estrogen. Ask your doctor to test you, ideally in a saliva test where you measure estradiol and progesterone around day 21 (or anytime if you are no longer cycling). Consider reducing alcohol intake, as more than 3 servings per week has been shown to raise estrogen and increase a woman's risk of breast cancer.

- If you have **1 or 2 of these symptoms**, you are unlikely to have estrogen dominance, but keep in mind the overlap of these symptoms with symptoms of low or slow progesterone, particularly in perimenopause.

### Section 7 – HIGH ANDROGENS

- If you have **6 or more of these symptoms**, you are probably high in androgens, which may affect women of all ages. If this diagnosis has not been confirmed by a doctor -- for instance, he or she told you that you have Polycystic Ovarian Syndrome -- please see one urgently and also test for blood sugar/diabetes. Here's the good news if you're overweight: only a 5% drop in weight may normalize your blood levels of androgens and your symptoms. If your weight is normal, but you have high androgens, eat a low-glycemic food plan, which may lower androgens up to 20%.
- If you have **3 to 5 of these symptoms**, there's a good chance you are high in androgens, which may affect women of all ages. If this diagnosis has not been confirmed by a doctor -- for instance, he or she told you that you have Polycystic Ovarian Syndrome -- please see one urgently, test for androgens, and also test for blood sugar/diabetes. Here's the good news if you're overweight: only a 5% drop in weight may normalize your blood levels of androgens and your symptoms. If your weight is normal, but you have high androgens, eat a low-glycemic food plan, which may lower androgens up to 20%.
- If you have **1 or 2 of these symptoms**, you are unlikely to have high androgens but keep track of your symptoms over time. If you begin to have more breakouts, greasy skin, or weight gain, return to this quiz and retake it.