

Oestrogen dominance – symptoms:

Less than 3 responses: no problem.

3 to 5 responses are significantly likely.

5 or more: very likely.

High oestrogen levels lead to high insulin secretion.

- Tendency to cry for no reason
- Depression or anxiety
- Menopausal symptoms
- Frequent fatigue
- Impaired sleep quality
- Rapid weight gain (hips and buttocks)
- Breast engorgement or breast tenderness
- Abdominal swelling
- Fibrocystic breast tissue
- Tendency to retain fluid
- Heavy bleeding
- Polyps or fibroids in the uterus or ovaries