

Test yourself for Estrogen Deficiency (Women)

I am losing hair on top of my head	
I'm getting thin vertical wrinkles above my lips	
My breasts are droopy	
My face is too hairy	
My eyes are dry and easily Irritated	
I have hot flashes	
I feel tired constantly	
I am depressed	
My menstrual flow is light	
Women with periods: My cycles are irregular, too short (less than 27 days) or too long (more than 31 days)	
Women without periods: I do not feel like making love anymore	

Your Score :

If you score ≥ 5 ; the its time for you to consult your doctor