

## Estrogen Dominance Symptoms

- Allergies
- Autoimmune disorders
- Bloating
- Blurred vision
- Constant worrying, unprovoked anxiety
- Constipation
- Cravings for carbohydrates or sweets
- Crying spells
- Decreased sex drive
- Depression
- Difficulty losing weight
- Drowsiness
- Endometriosis
- Faintness, dizziness, tremors and cold sweats
- Fatigue
- Feelings of fear or anxiety
- Fibrocystic breasts
- Forgetfulness, confusion
- Gallbladder disease
- Hair loss
- Headaches
- Heart attack risk
- Heart palpitations or rapid pulse
- Heavier, more frequent and more painful periods
- Heavy periods with or without blood clots
- Increased risk of breast cancer
- Increased risk of endometrial cancer
- Indecisiveness
- Infertility issues
- Insomnia
- Internal trembling
- Irritability
- Itching and crawling skin sensations
- Lack of concentration
- Lack of coordination
- Migraines
- Moodiness
- Muscle cramps and joint pain
- Muscle twitching and jerking
- Nervousness
- Nightmares
- Numbness
- Outbursts of temper
- Short menstrual cycles
- Sighing and yawning
- Sleepiness
- Sore, tender and/or swollen breasts
- Stroke risk
- Unjustified weight gain particularly around your abdomen, hips and thighs
- Uterine fibroids
- Water retention