

Test yourself for Progesterone Deficiency (Women)

My breasts are large	
My close friends complain I'm nervous and agitated	
I feel anxious	
I sleep lightly and restlessly	
For women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen/progesterone).	
My breasts are swollen and tender or painful before my period	
...and my lower belly is swollen	
...and I'm irritable and aggressive	
...and I lose my self-control	
I have heavy periods ...	
...and they are continuously painful	

Your Score :

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