



SEXY IN THE MIDDLE

# HORMONE IMBALANCE QUIZ

BY STACI LARUE

# HELLO LADIES!

If you've been feeling the weight of those unexplained symptoms or those frustrating changes that seem to have taken over your life - You're not alone.

As women, we're often told that discomfort is just part of the package, that we're meant to soldier on through mood swings, low energy and all the other "joys" that come with hormonal imbalances.

**But here's the truth:** while these symptoms may be common, they're not normal.

At this stage of life, as we approach our 40s and beyond, our bodies undergo significant shifts. Hormones, stress and metabolism all play a role in creating a perfect storm of challenges, from weight gain to low sex drive and everything in between. Yet, mainstream approaches often fall short, leaving us feeling unheard, overlooked, and helpless in the midst of our struggles.

The good news is you don't have to navigate this journey alone.

As someone who understands firsthand the complexities of perimenopause, I'm here to reassure you that there is hope. **You** have the power to reclaim control over your health and well-being, to feel confident, sexy and empowered, despite the hormonal rollercoaster.

*Staci LaRue*

*I know what you want, I wanted it too. Been there, done that, bought the shake mix.*

But as a professional who's been doing this for over twenty five years *and* as a fit woman "in the middle", I know how to help. I've walked the walk and talked the talk and discovered what really works (and what doesn't) in this weight loss/health journey and I love guiding my clients to "unlock" their own code to success.



Do you think you may be having challenges with your hormones?

This quiz assesses many of the symptoms commonly experienced by women whose sex hormones are out of whack.

**Disclaimer:** This quiz is not meant for diagnostic purposes. The most accurate way to assess for hormone imbalances and adrenal function is with lab testing and a medical professional.

For each statement, please select the option that best applies to what you are experiencing

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- |   |   |
|---|---|
| <input type="radio"/> ABSENT PERIODS                  | <input type="radio"/> JOINT PAIN                                      |
| <input type="radio"/> AUTOIMMUNITY                    | <input type="radio"/> LOW SEX DRIVE                                   |
| <input type="radio"/> BODY ACHES AND PAINS            | <input type="radio"/> MISCARRIAGES                                    |
| <input type="radio"/> DEPRESSIVE STATES               | <input type="radio"/> MOOD SWINGS                                     |
| <input type="radio"/> DIFFICULT PERIODS               | <input type="radio"/> PCOS  |
| <input type="radio"/> DIFFICULTY CONCEIVING           | <input type="radio"/> RESISTANT WEIGHT                                |
| <input type="radio"/> ENDOMETRIOSIS                   | <input type="radio"/> SKIN ISSUES                                     |
| <input type="radio"/> ESTROGEN DOMINANCE              | <input type="radio"/> TENDER BREASTS                                  |
| <input type="radio"/> FEELING EXHAUSTED ALL THE TIME  | <input type="radio"/> THINNING HAIR, HAIR LOSS, OR EXCESS HAIR        |
| <input type="radio"/> FIBROIDS OR CYSTS               | <input type="radio"/> THYROID IMBALANCE                               |
| <input type="radio"/> FOOD CRAVINGS                   | <input type="radio"/> WATER RETENTION                                 |
| <input type="radio"/> HOT FLASHES AND/OR NIGHT SWEATS | <input type="radio"/> WEIGHT GAIN – ESPECIALLY BELLY, HIPS AND THIGHS |

# ANALYZE YOUR RESULTS

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## IF YOU CHECKED:

- **1-2 boxes:** You should start working on your hormonal health now, it's easier to make changes before significant imbalances arise.
- **3-5 boxes:** You may be feeling signs related to hormone imbalance. If you are uncertain, consult your doctor and ask to be tested. You should adopt a healthy lifestyle and learn how to manage symptoms.
- **6 + boxes:** You may be feeling severe signs that can be helped. Consult your doctor immediately to confirm these signs are related to hormone imbalance or another condition. Ask your doctor to test your sex hormones and thyroid hormones. It may be beneficial to check stress hormones like cortisol too.

We've been told that uncomfortable symptoms are just a "normal" part of "being a woman." While many of these signs are common, they are not necessarily normal. You can take control of your hormone health, [ask me how](#).

# READY TO TAKE ACTION?

## JOIN THE FREE 5-DAY HORMONE RESET



I know firsthand the struggles and frustrations of weight loss because I've been on that journey myself. For YEARS. I tried every diet and weight loss plan out there, but nothing seemed to work. I was miserable, bloated, exhausted and felt like I was constantly failing.

It wasn't until I realized that I was neglecting my hormones and taking a narrow approach to weight loss that I experienced a breakthrough. I discovered that addressing my hormones and looking at the **bigger picture** were the keys to lasting change.

My passion lies in empowering middle-aged women to live their best lives, feel confident and tap into their inner power. I understand the frustration and desire for a "quick fix" but I've learned through my own experience plus **countless** client stories that sustainable results come from understanding and working *with* your body.

Three times a year I run a **FREE 5-Day Hormone Reset** which combines daily prompts, educational videos, meal plans/suggestions, progress tracking, daily LIVE calls with me, community & MOST importantly, accountability.

### *What is the Free-5 Day Reset?*

It's simple. Accountability for you to add a little extra self-care into your life. Balancing your hormones begins with self-care and starting to pay attention. Over the course of the 5-days, you will pay attention to your habits, sleep, movement, water and diet.

Each day you will mark off a simple checklist of basic self-care habits and keep your partner accountable in the facebook community!

JOIN THE NEXT RESET