



Is Cortisol Impacting Your Fertility?

Check all that apply to you...

Section A:

- ☐ Feel wired/energetic but also exhausted/depleted
- ☐ Feel like your rushing from one task to the next
- ☐ Struggle winding down for bed
- ☐ Get a second wind around 10PM that keeps you up late
- ☐ Difficulty falling asleep
- ☐ Constant worry about things out of your control
- ☐ Feel anxious
- ☐ Quick to feel anger or rage
- ☐ Poor memory
- ☐ Feel distracted easily
- ☐ Crave sugar
- ☐ Extra belly fat that's hard to lose
- ☐ Heartburn or indigestion
- ☐ Wounds that are slow to heal
- ☐ Irregular periods

Section B:

- ☐ Fatigue
- ☐ Need coffee to get through the day
- ☐ Get a big energy slump between 2PM - 5PM
- ☐ Easily weepy
- ☐ Difficulty making decisions or solving problems
- ☐ High amounts of stress that seem harder to deal with then before
- ☐ Difficult staying asleep, especially in the early morning hours
- ☐ Get dizzy when you stand up too quickly
- ☐ Catch colds and flus easily
- ☐ Slow to get better from illnesses
- ☐ Allergies
- ☐ Crave salt
- ☐ Muscle weakness



Section A: High Cortisol

If you selected 5 or more of the symptoms then you may be dealing with high levels of cortisol. Excess cortisol can block your body from doing the necessary steps to get pregnant, because it's too busy being stressed.

Section B: Low Cortisol

If you selected 5 or more of the symptoms then you may be dealing with low levels of cortisol. Low cortisol typically happens have a prolonged period of stress. Over time, your body no longer produces the high amount of cortisol it was doing to keep up with you. You need cortisol to survive, so your body will do whatever it takes to continue to make some cortisol, even if that means it's at the expense of your other sex hormones and fertility.