

GLANDS, HORMONES & SYMPTOMS

GLAND	HORMONE(S)	SYMPTOMS OF DEFICIENCY	SYMPTOMS OF EXCESS
Adrenals	Cortisol	fatigue, weight loss, inability to fight stress, poor immunity	weight gain, stretch marks, fatigue
	Aldosterone	fatigue, dizziness on standing	high blood pressure
	DHEA (Dehydroepiandrosterone)	fatigue, depression, decreased libido	excess hair growth (women), breast enlargement (men)
Adrenals/ovaries (women)	testosterone	fatigue, decreased libido, decreased muscle mass	excess hair growth
	estrogens - E1 (estrone), E2 (estradiol), E3 (estriol)	fatigue, decreased libido, hair loss, osteoporosis, heart disease	irritability
Adrenals/testes (men)	testosterone	fatigue, decreased libido, decreased muscle mass, difficulty with erections	balding, prostate enlargement
	estrogens	fatigue, osteoporosis	breast enlargement, infertility
Pancreas	insulin	diabetes	weight gain, fatigue
	glucagon	hypoglycemia, weight gain	diabetes
	GLP-1	diabetes	weight gain
Thyroid	T4 (thyroxine), T3 (triiodothyronine)	fatigue, depression, weight gain	fatigue, anxiety, sweating
Pituitary	GH (growth hormone)	fatigue, depression, weight gain	arthritis, diabetes
	ACTH (adrenocorticotrophic hormone)	fatigue, weight loss, inability to fight stress	weight gain, stretch marks, fatigue
	prolactin	irregular periods, breast discharge	irregular periods, breast discharge
	TSH (thyroid stimulating hormone)	underactive thyroid	overactive thyroid
	LH (luteinizing hormone), FSH (follicle stimulating hormone)	underactive gonads	overactive gonads
Parathyroids	PTH (parathyroid hormone)	tingling, depression	abdominal pain, fatigue, depression
Kidneys	Vitamin D	muscle pain, fatigue	fatigue, depression, bone pain