

The following checklists are used to help us assess your symptoms which may be linked to hormonal imbalances.

Basic Female Hormone Imbalance

Circle any of the following symptoms which are troublesome and/or persist over time.

† Hot flashes	† Mood swings (PMS)	† Urinary incontinence	† Night sweats
† Heart palpitations	† Cystic ovaries	† Vaginal dryness	† Acne
† Heavy menses	† Foggy thinking	† Weight gain	† Depressed mood
† Fibrocystic breasts	† Irritability	† Increased body/ facial hair	† Headaches
† Thinning skin	† Uterine fibroids		† Bone loss

Number selected: ____

Basic Male Hormone Imbalance

Circle any of the following symptoms which are troublesome and/or persist over time.

† Burned out feeling	† Night sweats	† Insomnia	† Decreased urine flow
† Hot flashes	† Irritable	† Increased urinary urge	† Decreased stamina
† Weight gain waist	† Erectile dysfunction	† Infertility problems	† Sleep disturbances
† Decreased libido	† Prostate problems	† Oily Skin	† Decreased muscle mass
† Decreased erections	† Decreased mental sharpness	† Sleep disturbances	

Number selected: ____

Adrenal Hormone Imbalance

Circle any of the following symptoms which are troublesome and/or persist over time.

† Aches and pains	† Elevated triglycerides	† Morning fatigue	† Bone loss
† Sleep disturbances	† Depression	† Anxiety	† Blood sugar imbalance
† Infertility	† Nervousness	† Allergic conditions	† Autoimmune illness
† Chronic illness	† Evening fatigue	† Susceptibility to infections	

Number selected: ____

Thyroid Hormone Imbalance

Circle any of the following symptoms which are troublesome and/or persist over time.

† Aches and pains	† Anxiety	† Brittle nails	† Depression
† Dry skin	† Cold hands and feet	† Headaches	† Infertility
† Fatigue	† Foggy thinking	† Weight gain	† Feeling cold all the time
† Heart palpitations	† Low libido	† Inability to lose weight	† Sleep disturbances
† Constipation	† Thinning hair	† Menstrual irregularities	† Elevated cholesterol

Number selected: ____

If you have checked symptoms in MORE THAN ONE Category, this is an indication of hormone imbalance.