



Hormone Symptom Key For Women

PROGESTERONE INSUFFICIENCY
"estrogen dominance"

ADRENAL DYSFUNCTION

THYROID DYSFUNCTION

ESTROGEN DEFICIENCY

LOW ANDROGENS

HIGH ANDROGENS
metabolic syndrome

ALL INDIVIDUALS

0 1 2 3 Difficulty Concentrating	0 1 2 3 Excessive Worry	0 1 2 3 Constipation	0 1 2 3 Weight Gain-Waist
0 1 2 3 Increased Forgetfulness	0 1 2 3 Difficulty Falling Asleep	0 1 2 3 Goiter	0 1 2 3 High Cholesterol
0 1 2 3 Foggy Thinking	0 1 2 3 Difficulty Staying Asleep	0 1 2 3 Cold Body Temperature	0 1 2 3 Elevated Triglycerides
0 1 2 3 Tearful	0 1 2 3 Decreased Stamina	0 1 2 3 Hoarseness	0 1 2 3 Decreased Libido
0 1 2 3 Depressed	0 1 2 3 Diminished Motivation	0 1 2 3 Hair Dry or Brittle	0 1 2 3 Decreased Muscle Mass
0 1 2 3 Mood Swings	0 1 2 3 Fibromyalgia	0 1 2 3 Nails Breaking or Brittle	0 1 2 3 Decreased Flexibility
0 1 2 3 Fluid Retention / Bloating	0 1 2 3 Ringing in Ears	0 1 2 3 Slow Pulse Rate	0 1 2 3 Burned Out Feeling
0 1 2 3 Stress	0 1 2 3 Allergies	0 1 2 3 Rapid Heartbeat	0 1 2 3 Sore Muscles
0 1 2 3 Anxious	0 1 2 3 Headaches/Migraines	0 1 2 3 Heart Fluttering/Palpitations	0 1 2 3 Increased Joint Pain
0 1 2 3 Irritable	0 1 2 3 Dizzy Spells	0 1 2 3 Incontinence	0 1 2 3 Neck or Back Pain
0 1 2 3 Nervous	0 1 2 3 Sugar Cravings	0 1 2 3 Hot Flashes	0 1 2 3 Bone Loss
0 1 2 3 Decreased Mental Sharpness	0 1 2 3 Addictive Behavior	0 1 2 3 Night Sweats	0 1 2 3 Thinning Skin
0 1 2 3 Morning Fatigue	0 1 2 3 Poor Impulse Control	0 1 2 3 Infertility Problems	0 1 2 3 Rapid Aging
0 1 2 3 Afternoon Fatigue	0 1 2 3 Obsessive Behaviors (OCD)	0 1 2 3 Acne	0 1 2 3 Aches and Pains
0 1 2 3 Evening Fatigue	0 1 2 3 Craving Food, Alcohol, Tobacco or Other	0 1 2 3 Scalp Hair Loss	0 1 2 3 IBS
		0 1 2 3 Weight Gain-Hips	Height (inches) _____
			Weight (lbs) _____

WOMEN ONLY

0 1 2 3 Vaginal Dryness	0 1 2 3 Tender Breasts
0 1 2 3 Irregular Periods	0 1 2 3 Fibrocystic Breasts
0 1 2 3 Uterine Fibroids	0 1 2 3 Increased Facial / Body Hair
	Last Menses ___/___/___

MEN ONLY

0 1 2 3 Decreased Urine Flow
0 1 2 3 Increased Urinary Urge
0 1 2 3 Prostate Problems
0 1 2 3 Decreased Erections