Check applicable symptoms of each category:

Name_____Date_____

Estrogen Deficiency

____Hot Flashes
____Night Sweats
____Vaginal Dryness
____Foggy Thinking
____Memory Lapses
____Incontinence
____Tearful
____Depressed
____Sleep Disturbance
____Heart Palpitations
____Bone Loss
____Dry Skin/Hair
____Headaches

Estrogen Excess

____Mood Swings (PMS)
____Tender Breasts
____Water Retention
____Nervous
____Irritable
____Sleep Disturbances
____Cold Body Temperature
____Elevated Triglycerides
____Fibrocystic Breasts
____Uterine Fibroids
____Weight Gain (hips)
____Bleeding Changes
____Headaches
____Breast Cancer
____Weight Gain (waist)
____Low Libido

Progesterone Deficiency

____Candida Infections
____Fibrocystic Breasts
____Hair Loss
____Anxiety
____Headaches
____Fluid Retention
____Arthritis
____Endometriosis
____Stressed Easily
____Water Retention
____Sleep Disturbances
____Weight Gain
____Heavy Periods
____Irritability
____Cramps
____Break-thru Bleeding
____Fibroids
____PMS
____Irregular Periods
____Hypothyroid

Androgens (DHEA-S) and Testosterone

Androgen Deficiency

____Low Libido
____Vaginal Dryness
____Fatigue
____Aches/Pains/Arthritis
____Memory Lapses
____Incontinence
____Heart Palpitations
____Depressed
____Sleep Disturbances
____Thinning Pubic Hair
____Bone Loss
____Decreased Muscle Mass
____Thinning Skin
____Fibromyalgia

Androgen Excess

____Excessive Facial Hair
____Excessive Body Hair
____Increased Acne
____Breast Cancer
____Elevated Triglycerides
____Oily Skin
____Ovarian Cysts
____Hair Loss (scalp)
____Nervous, Irritable

Cortisol Deficiency

____Fatigue
____Sugar Cravings
____Allergies
____Chemical Sensitivity
____Stress
____Cold Body Temp.
____Irritable
____Arthritis
____Heart Palpitations
____Aches/Pains

Cortisol Excess

____Sleep Disturbances
____Headaches
____Weight Gain/Loss
____Loss of Muscle Mass
____Elevated Triglycerides
____Increased body hair
____Anxious
____Nervous
____Heart Palpitations
____Sugar Cravings
____Cold Body Temp.
____Thinning Skin
____Increased facial hair
____Breast Cancer
____Memory Lapse
____Bone Loss
____Stress
____Fatigue
____Hair Loss
____Low Libido
____Irritable
____Acne

Thyroid Deficiency

____Tired or Exhausted
____Sad or Depressed
____Cold Body Temp.
____Cold Hands & Feet
____Weight Gain
____Can't Lose Weight
____Memory Lapse
____Forgetful
____Difficult to Concentrate
____Mood Changes
____Swelling/Puffy eyes/face
____Low Blood Pressure
____Slow Pulse Rate
____Decreased Sweating
____Hair Dry/Brittle
____Hair Loss
____Nails Breaking/Brittle
____Aches/Pains
____Low Libido
____Heart Palpitations
____Sleep Disturbances
____Bone Loss
____Decreased Muscle Mass
____Thinning Skin
____Infertility Problems
____Slow Reflexes
____Constipation
____Thick Tongue
____Slow Ankle Reflex
____Hoarseness