

## Hormone Imbalance Assessment

Indicate the symptoms you are experiencing as; 0 = none, 1 = mild, 2 = moderate, 3 = severe

### Women

- Low     \_\_\_ Hot flashes  
Estradiol   \_\_\_ Night sweats  
          \_\_\_ Vaginal Dryness  
          \_\_\_ Incontinence
- Estrogen   \_\_\_ Bleeding Changes  
Dominance \_\_\_ Uterine Fibroids  
          \_\_\_ Water Retention  
          \_\_\_ Tender Breasts  
          \_\_\_ Fibrocystic Breasts  
          \_\_\_ Increased forgetfulness  
          \_\_\_ foggy Thinking  
          \_\_\_ Tearful  
          \_\_\_ Depressed  
          \_\_\_ Mood Swings
- Adrenals   \_\_\_ Stress  
          \_\_\_ Morning Fatigue  
          \_\_\_ Evening Fatigue  
          \_\_\_ Difficulty Sleeping  
          \_\_\_ Decreased Stamina  
          \_\_\_ Anxious  
          \_\_\_ Irritable  
          \_\_\_ Nervous  
          \_\_\_ Fibromyalgia  
          \_\_\_ Allergies  
          \_\_\_ Headaches  
          \_\_\_ Sugar Cravings  
          \_\_\_ Dizzy Spells
- Thyroid    \_\_\_ Cold Body Temperature  
          \_\_\_ Goiter (thick band around front of neck)  
          \_\_\_ Hoarseness  
          \_\_\_ Hair Dry or Brittle  
          \_\_\_ Nails Breaking or Brittle  
          \_\_\_ Constipation  
          \_\_\_ Slow Pulse Rate  
          \_\_\_ Rapid Heart Beat  
          \_\_\_ Heart Palpitations  
          \_\_\_ Infertility Problems
- Metabolic   \_\_\_ Acne  
Syndrome /   \_\_\_ Increase Facial / Body Hair  
High        \_\_\_ Scalp Hair Loss  
Androgens   \_\_\_ Weight Gain - Hips  
          \_\_\_ Weight Gain - Waist  
          \_\_\_ High Cholesterol

Elevated Triglycerides

Low Androgens  Decrease Libido  
 Decrease Muscle Size  
 Thinning skin  
 Ringing in Ears  
 Rapid Aging  
 Aches and Pains  
 Bone Loss

Height  
 Weight

## Men

Estrogen Dominance  Decreased Urine Flow  
 Increased Urinary Urge  
 Prostate Problems  
 Weight Gain-Chest / Hips  
 Weight Gain- Waist

Metabolic Syndrome / Low Androgens  Decreased Libido  
 Decreased Erections  
 Ringing in Ears  
 High Cholesterol  
 Elevated Triglycerides  
 Hot Flashes  
 Night Sweats  
 Decreased Mental Sharpness  
 Increased Forgetfulness  
 Decreased Muscle Size  
 sore Muscles  
 Increased Joint Pain  
 Neck or Back Pain  
 Bone Loss  
 Rapid Aging  
 Thinning Skin  
 Decreased Stamina

Adrenals  Burn Out Feeling  
 Stress  
 Morning Fatigue  
 Evening Fatigue  
 Difficulty Sleeping  
 Apathy  
 Depressed  
 Mental Fatigue  
 Anxious  
 Irritable  
 Nervous  
 Headaches  
 Sugar Cravings  
 Dizzy Spells

Thyroid / Other  Cold Body Temperature  
 Goiter (thick band around the neck)  
 Hoarseness  
 Hair Dry or Brittle  
 Nails Breaking or Brittle  
 Constipation  
 Slow Pulse Rate  
 Rapid Heart Beat  
 Heart Palpitations  
 Infertility Problems  
 Allergies

Height  
 Weight

