

Do you have or have you experienced in the past six months: Check All That Apply

## Part 1

1. Feeling you're constantly racing from one task to the next
2. Feeling wired yet tired
3. A struggle calming down before bedtime or second wind that keeps you up late?
4. Difficulty falling asleep or disrupted sleep?
5. A feeling of anxiety or nervousness, can't stop worrying about things beyond your control
6. A quickness to fill anger or rage, frequent screaming or yelling
7. Memory lapses or feeling distracted especially under duress
8. Sugar cravings, you need a little something after each meal, usually chocolate? Or crave salty foods
9. Increased abdominal circumference, greater than 35 inches, the dreaded abdominal fat, or muffin top, not bloating?
10. Skin conditions such as eczema or thin skin, sometimes physiologically and psychologically?
11. Bone loss, perhaps your doctor uses scarier terms such as osteopenia or osteoporosis?
12. High blood pressure rapid heartbeat?
13. High blood sugar maybe your clinician has mentioned the words pre diabetes or even diabetes or insulin resistance? Shakiness between meals also known as blood sugar instability
14. Indigestion ulcers or GERD gastroesophageal reflux disease
15. More difficulty recovering from physical injury than in the past?
16. Unexplained pink or purple stretch marks on your belly or back?
17. Irregular menstrual cycles?
18. Decreased fertility?
19. Chronic stress, overwhelmed
20. Low motivation or drive
21. Often feel burnout
22. Tired during the day, around 3:00 to 4:00 PM
23. Waking up tired even after good night's sleep
24. Needing coffee to start the day or a cup in the afternoon
25. Bloating, puffiness, or fluid retention
26. Mood swings, PMS, irritability, sleepiness, mini breakdowns, or anxiety
27. Low or no sex drive
28. Overweight especially around the middle muffin top
29. Blue or even depressed
30. Increase skin wrinkling for your age
31. Irregular menstrual cycles

32. Miserable menopausal symptoms
33. Trouble getting pregnant history of miscarriage
34. PCOS - Polycystic ovarian syndrome
35. High cholesterol
36. Bone lost osteopenia or osteoporosis
37. Autoimmune disease
38. Frequent colds or illness

### Part 2

1. Fatigue or burnout, you use caffeine to bolster your energy or fall asleep while reading or watching a movie
2. Loss of stamina, particularly in the afternoon, from 2 to 5
3. Crying Jags for no particular reason
4. An atypical addiction to a negative point of view
5. Decreased problem solving ability
6. Feeling stressed most of the time, everything seems harder than before, and you have trouble coping? Decreased stress tolerance
7. insomnia or difficulty staying asleep, especially between one and four in the morning?
8. low blood pressure (not always a good thing, since your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)
9. postural hypotension comma you stand up from lying down and feel dizzy
10. Difficulty fighting infection you catch every virus you meet, particularly respiratory difficulty recovering from illness or surgery or healing wounds?
11. Asthma bronchitis chronic cough allergies
12. Low or unstable blood sugar
13. Salt cravings
14. Excess sweating
15. Nausea, vomiting or diarrhea, or loose stool alternating with Constipation
16. Muscle weakness, especially around the knee? Muscle or joint pain?
17. Hemorrhoids or varicose veins?
18. Your blood seems to pool easily, or your skin bruises easily?
19. A thyroid problem that's been treated, you feel better, and suddenly you feel palpitations or have rapid or irregular heartbeats (A sign of low cortisol/ low thyroid combo)

## Part 3

1. Agitation or PMS
2. Typical headaches particularly menstrual or hormonal migraines
3. Painful and or swollen breasts
4. Irregular menstrual cycles or cycles becoming more frequent as you age
5. Heavy or painful periods:
  - a. heavy going through a super pad or tampon every two hours or less.
  - b. Painful: you can't function without ibuprofen
6. Bloating particularly in the ankles and belly and or fluid retention. You gained 3 to 5 pounds or more before your period
7. Ovarian cysts breast cysts or endometrial cysts polyps, endometriosis
8. Easily disrupted sleep
9. Itchy or restless legs especially at night
10. Increased clumsiness or poor coordination
11. Infertility or subfertility you've been trying hard to conceive but haven't hit the official 12 month mark of no conception six months if you're 35 or older
12. Miscarriage in the first trimester
13. Short luteal phase ovulation to menstruation less than 12 days
14. Spotting in the second half of your cycle
15. low basal body temperature in the luteal phase
16. Symptoms of excess estrogen:
  - a. Weight gain
  - b. Depression
  - c. heavy period
  - d. slow libido
  - e. breast tenderness
  - f. fibrocystic breasts
  - g. Fibroids
  - h. gallbladder problems

## Part 4

1. Bloating puffiness or water retention
2. Abnormal pap smears
3. Heavy bleeding or post menopausal bleeding
4. Rapid weight gain particularly in the hips and butt
5. Increased bra cup size or breast tenderness
6. Fibroids
7. Endometriosis or painful periods
8. Mood swings PMSdepression or just irritability
9. weepiness sometimes over the most ridiculous things
10. Mini breakdowns anxiety
11. Migraines or other headaches
12. Insomnia
13. Brain fog
14. a red flush on your face or a diagnosis of rosacea
15. Gallbladder problems or removal

## Part 5

1. Poor memory; you walk into a room to do something then wonder what it was or draw a blank mid sentence
2. Emotional fragility especially compared with how you felt 10 years ago
3. Depression perhaps with anxiety or lethargy or more commonly dysthymia: low grade depression that lasts more than two weeks
4. wrinkles your favorite skin cream no longer works miracles
5. night sweats or hot flashes
6. trouble sleeping waking up in the middle of the night
7. a leaky or overactive bladder
8. bladder infections
9. droopy breasts or breast lessening in volume
10. sun damage more obvious even glaring on your chest face and shoulders
11. recent injuries particularly to wrists, Shoulders,lower back, or knees?
12. Loss of interest in exercise
13. Bone loss
14. Vaginal dryness, irritation or loss of feeling
15. Lack of juiciness elsewhere: dry eyes, dry skin, dry clitoris
16. Low libido
17. Painful sex

## Part 6

1. Excess hair on your face, chest, or arms?
2. Acne
3. Greasy skin and or hair
4. Thinning head hair
5. Discoloration of your armpits (darker and thicker than your normal skin)
6. Skin tags, especially on your neck and upper torso
7. Hyperglycemia or hypoglycemia and or unstable blood sugar
8. Reactivity and or irritability or excessively aggressive or authoritarian episodes also known as roid rage
9. Depression, anxiety
10. Menstrual cycles occurring more than every thirty-five days
11. Ovarian cysts
12. Mid Cycle pain
13. Infertility or subfertility
14. Polycystic ovary syndrome

## Part 7

1. Irregular periods
2. Skipped periods
3. Fertility challenges
4. Hair in unwanted places
5. Hair loss (head)
6. Acne
7. Weight gain
8. Aggression, irritability
9. PCOS - polycystic ovary syndrome
10. High LDL cholesterol

## Part 8

1. Fatigue, sluggishness
2. Low motivation
3. Depression
4. Muscle weakness or loss of muscle
5. Hair loss
6. Sleep disturbances
7. Low sex drive
8. Decreased sexual satisfaction, difficulty achieving orgasm
9. Weight gain
10. Irregular menstrual cycles

## Part 9

1. Hair loss including of the outer third of the your eyebrows and or eyelashes
2. Dry skin
3. Dry, straw like hair that tangles easily
4. Thin, brittle fingernails
5. Fluid retention or swollen ankles
6. And additional few pounds or 20 that you just can't lose
7. High cholesterol
8. Bowel movements less often than once a day or you feel you don't completely evacuate
9. Recurrent headaches
10. Decreased sweating
11. Muscle or joint aches or poor muscle tone you became na old lady overnight
12. Tingling in your hands or feet
13. Cold hand and fee, cold intolerance, heat intolerance
14. A sensitivity to cold you shiver more easily than others and are always wearing layers
15. Slow speech, perhaps with a hoarse or halting voice
16. A slow heart rate or bradycardia (fewer than 60 beats per minute and not because you're and elite athlete
17. Lethargy - you feel like you've moving through molasses
18. Fatigue, particularly in the morning
19. Slow brain, slow thoughts? Difficulty concentrating?
20. Sluggish reflexes, diminished reaction time, even a bit of apathy
21. Low sex drive, and you're not sure why
22. Depression or moodiness; the world is not as rosy as it used to be
23. A prescription for the latest antidepressant but you're still not feeling like yourself
24. Heavy periods or other menstrual problems?
25. Infertility or miscarriage? Preterm birth?
26. An enlarged thyroid/goiter? Difficulty swallowing? Enlarged tongue
27. A Family history of thyroid problems
28. Weight gain without changing eating or exercise habits
29. History of postpartum depression or trouble producing breast milk
30. Puffiness around eyes, face gets puffy

## Part 10

1. High blood sugar
2. Metabolic syndrome, insulin resistance or diabetes
3. Shakiness or agitation between meals
4. Skin tags
5. Brown, velvety skin discoloration in my armpits, groin or neck
6. Tired a lot
7. Overweight, with weight especially around my waist and belly
8. Frequent thirst, frequent urination
9. waist circumference >30 inches
10. High blood pressure >130/80
11. History of gestational diabetes or had a baby who weight more than 9 lbs
12. PCOS
13. Hair in unwanted places
14. Hair thinning or loss
15. Acne, especially cystic acne