

HORMONE RELATED SYMPTOM SELF-ASSESSMENT

The following list of symptoms are associated with your level, too high or too low, of many different hormones. To gain the most insight, grade the level at which you experience each symptom: **Absent, Mild, Moderate, Fairly Bad** or **Severe**.

WOMEN'S ASSESSMENT

LOW ESTROGEN	Absent	Mild	Moderate	Fairly Bad	Severe
Anxiety/Irritability					
Can't think clearly					
Crying/Hypersensitivity					
Depression					
Difficulty completing tasks					
Fear of losing control					
Forgetfulness					
Frequent/Urgent urination					
Headache					
Hot flashes					
Mood swings					
Nervous tension					
Night sweats					
Outburst of anger					
Palpitations					
Poor concentration					
Poor self-esteem					
Problems coping					
Short-term memory loss					
Sleep disturbances					
Vaginal dryness					
HIGH ESTROGEN	Absent	Mild	Moderate	Fairly Bad	Severe
Breast fullness					
Breast tenderness					
Nausea					
LOW TESTOSTERONE	Absent	Mild	Moderate	Fairly Bad	Severe
Decreased energy					
Decreased libido					
Decreased motivation					
Decreased vitality					
Dry Skin					
HIGH TESTOSTERONE	Absent	Mild	Moderate	Fairly Bad	Severe
Acne					
Increased facial hair					
Loss of scalp hair					
Lower voice					
SEVERAL HORMONES	Absent	Mild	Moderate	Fairly Bad	Severe
Joint aches and pains					
Psychological stress					
Weight gain					

The symptoms listed in the **Blue** section are typically due to low estrogen.

The symptoms listed in the **Pink** section are typically due to high estrogen and/or high or low levels of progesterone.

The symptoms listed in the **orange** section are typically due to low testosterone.

The symptoms listed in the **green** section are typically due to high testosterone.

The symptoms listed in the **grey** section can be attributed to several hormones.

MEN'S ASSESSMENT

LOW TESTOSTERONE	Absent	Mild	Moderate	Fairly Bad	Severe
Breast enlargement					
Fatigue					
Gallbladder problems					
Loss of muscle					
Low sex drive					
Lower stamina					
Softer erection					
Weight loss					
HIGH ESTROGEN	Absent	Mild	Moderate	Fairly Bad	Severe
Breast enlargement					
Hair loss					
Headaches					
Irritability					
Prostate enlargement					
Puffiness/bloating					
SEVERAL HORMONES	Absent	Mild	Moderate	Fairly Bad	Severe
Joint aches and pains					
Psychological stress					
Weight gain					

The symptoms listed in the **orange** section are typically due to testosterone deficiency.

The symptoms listed in the **Pink** section are typically due to excess estrogen.

The symptoms listed in the **grey** section can be attributed to several hormones.

ACTION PLAN:

Review the results of your “*HORMONE RELATED SYMPTOM SELF-ASSESSMENT*”.

Based on your results, answer the following questions.

- Where am I at? _____
- Where should I be? _____
- What am I willing to do? _____
- Consult my healthcare provider? _____