

## Health Check – Women’s Symptom Review

Please review the symptom checklist below and indicate any symptoms you are experiencing

Symptom	None	Mild	Moderate	Severe	
Hot Flashes					<b>Low Estrogen</b>
Night Sweats					
Vaginal Dryness					
Incontinence					
Irregular Periods					<b>Estrogen Dominant</b>
Uterine Fibroids					
Water Retention					
Tender Breasts					
Fibrocystic Breasts					
Increased Forgetfulness					
Foggy Thinking					
Tearful					
Depressed					
Mood Swings					
Stress					
Morning Fatigue					<b>Adrenals</b>
Evening Fatigue					
Difficulty Sleeping					
Decreased Stamina					
Anxious					
Irritable					
Nervous					
Ringing in Ears					
Fibromyalgia					
Allergies					
Headaches					
Sugar Cravings					
Dizzy Spells					
Cold Body Temperature					
Goiter					<b>Thyroid</b>
Hoarseness					
Hair Dry or Brittle					
Nails Breaking or Brittle					
Constipation					
Slow Pulse Rate					
Rapid Heartbeat					
Heart Palpitations					
Infertility Problems					<b>Metabolic Syndrome/High Androgen</b>
Acne					
Increased Facial/Body Hair					
Scalp Hair Loss					
Weight Gain-Hips					
Weight Gain-Waist					
High Cholesterol					<b>Low Androgen / Other</b>
Elevated Triglycerides					
Decreased Libido					
Decreased Muscle Size					
Thinning Skin					
Rapid Aging					
Aches & Pains					
Bone Loss					

## Health Check – Men’s Symptom Review

Please review the symptom checklist below and indicate any symptoms you are experiencing

Symptom	None	Mild	Moderate	Severe	
Decreased Urine Flow					<b>Estrogen Dominance</b>
Increased Urinary Urge					
Prostate Problems					
Weight Gain – Chest / Hips					
Weight Gain – Waist					<b>Metabolic Syndrome / Low Androgens</b>
Decreased Libido					
Decreased Erections					
Ringing in Ears					
High Cholesterol					
Elevated Triglycerides					
Hot Flashes					
Night Sweats					
Decreased Mental Sharpness					
Increased Forgetfulness					
Decreased Muscle Size					
Decreased Flexibility					
Sore Muscles					
Increased Joint Pain					
Neck or Back Pain					
Bone Loss					
Rapid Aging					
Thinning Skin					
Decreased Stamina					
Burned Out Feeling					
Infertility Problems					
Stress					<b>Adrenals</b>
Morning Fatigue					
Evening Fatigue					
Difficulty Sleeping					
Apathy					
Depressed					
Foggy Thinking					
Anxious					
Irritable					
Nervous					
Headaches					
Sugar Cravings					
Dizzy Spells					
Allergies					
Cold Body Temperature					<b>Thyroid/ Other</b>
Goiter					
Hoarseness					
Hair Dry or Brittle					
Nails Breaking or Brittle					
Constipation					
Slow Pulse Rate					
Rapid Heartbeat					
Heart Palpitations					