

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

**WOMEN SYMPTOM REVIEW (MEN - TURN PAGE OVER). FILL 1 FORM ONLY**

Mark X in 1 Column for: No Symptoms / Mild to Moderate / Severe Symptoms (If currently experiencing)

None	Symptoms	Mild to Moderate	Severe		
	Hot Flashes			Low Estrogen	
	Night Sweats				
	Vaginal Dryness, pain on intercourse				
	Incontinence or Leaky Bladder				
	Irregular Periods - Bleeding Changes			Estrogen Dominance (Too Much Estrogen)  Low Progesterone (Protective Hormone)	
	Uterine Fibroids (Growth) / Endometriosis				
	Water Retention / Bloating / Swollen				
	Tender Painful Breasts				
	Breast Cysts or Lumps (Fibrocystic)				
	Ovarian Cysts				
	Increased Forgetfulness				
	Foggy Thinking / Memory Fog				
	Tearful / Crying / Depressed				
	Mood Swings or Moody				
	Stress				Adrenal Cortisol Imbalance (Stress Gland)
	Morning Fatigue				
	Difficulty Sleeping				
	Decreased Stamina				
	Anxious				
	Irritable, Angry or Upset Easily				
	Nervous				
	Fibromyalgia / Chronic Fatigue				
	Allergies to many things				
	Headaches				
	Sugar Cravings				
	Dizzy Spells				
	Cold Body Temperature			Thyroid & Iodine Poor Balance	
	Enlarged Thyroid / Goiter				
	Hoarse				
	Hair Dry or Losing Hair				
	Nails Breaking or Brittle				
	Constipation (if not moving bowels daily)				
	Slow Pulse Rate				
	Rapid Heartbeat				
	Heart Palpitations				
	Infertility Problems (unable to get pregnant)				
	Acne / Breaking out			Metabolic Syndrome (High Sugar)  High Androgens (Testosterone)	
	Increased Facial / Body Hair				
	Hair Loss Scalp / Alopecia				
	Weight Gain – Hips				
	Weight Gain – Waist				
	High Cholesterol				
	Elevated Triglycerides (Fats)				
	Decreased Libido / Sex Drive			Low Androgens (Testosterone)  Other Hormone Imbalance	
	Decreased Muscle Size				
	Thinning Skin				
	ringing in Ears				
	Rapid Aging				
	Aches & Pains				
	Bone Loss or Osteoporosis or Osteopenia				

Date Last Period: \_\_\_\_\_ Hysterectomy? \_\_\_\_\_ Ovary Surgery? \_\_\_\_\_

Additional Symptoms / Diagnosis: \_\_\_\_\_