

# **WOMEN SYMPTOMS**

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

Please mark clearly

SYMPTOMS (Current or Recent Past)	None or No Symptoms	Mild to Moderate Symptoms	Severe Symptoms	Symptoms Suggest
Hot Flashes (While others are cold)				Low Estrogen
Night Sweats (Wake up Sweating)				
Vaginal Dryness, Pain on Intercourse				
Incontinence or Leaky Bladder				
Irregular Periods - Bleeding Changes				Estrogen Dominance (Too Much Estrogen)  Low Progesterone (Protective Hormone)
Uterine Fibroids / Endometriosis				
Water Retention / Bloating / Swollen				
Tender Painful Breasts				
Breast Cysts or Lumps (Fibrocystic)				
Ovarian Cysts				
Increased Forgetfulness				
Foggy Thinking / Memory Fog				
Depression, Tearful, Crying Easily				
Mood Swings or Moody				
Stress (Family, Health, Work, Other)				
Morning Fatigue (Hard to Wake Up)				
Difficulty Sleeping				
Decreased Stamina				
Anxious, Nervous				Adrenal Cortisol Imbalance (Stress Gland)
Irritable, Angry or Upset Easily				
Low Blood Pressure				
Fibromyalgia / Chronic Fatigue				
Allergies to many things				
Headaches				
Sugar Cravings				
Dizzy Spells				
Cold Body Temperature				
Enlarged Thyroid or Goiter				Thyroid & Iodine Poor Balance
Hoarseness				
Hair Dry or Losing Hair				
Nails Breaking or Brittle				
Constipation (No Daily Bowel Movement)				
Slow Pulse Rate				
Rapid Heartbeat or Palpitations				
Infertility (No Pregnancy) Problems				
Acne / Breaking out				Metabolic Syndrome (High Sugar)  High Androgens (Testosterone)
Increased Facial / Body Hair				
Hair Loss Scalp or Alopecia				
Weight Gain – Hips or Waist				
High Cholesterol				
Elevated Triglycerides (Fats)				
Decreased Libido (Low Sex Drive)				Low Androgens (Testosterone)  Other Hormone Imbalance
Decreased Muscle Size or Weakness				
Thinning Skin				
Rapid Aging				
Aches & Pains				
Bone Loss or Osteoporosis or Osteopenia				

Date Last Period: \_\_\_\_\_ Hysterectomy? No Yes Ovaries removed? No Yes Both Left Right

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