

## HORMONE SYMPTOM CHECKLIST

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

PERSONAL EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

- Abnormal pap smears (one or more??)
- Bloating and/or fluid retention (perhaps you gain before your period?)
- Bone loss, such as osteopenia and/or osteoporosis
- Brain fog, or difficulty concentrating, or feel slow, a bit apathetic
- Cold hands and feet -- wear socks to bed
- Constipation--Poop less than once per day, without caffeine to trigger
- Crave salt
- Cyclical headaches (particularly menstrual or hormonal migraines)
- Depression
- Droopy boobs, or breasts lessening in volume?
- Fatigue, sleepy, joint aches and pains
- Feel weak, and it limits your ability to exercise
- Hair loss or dry, straw-like hair?
- Have a tendency toward anemia
- Low blood pressure / dizziness standing up from lying down or seated
- Headaches or accelerated aging, such as wrinkles before your time
- Heavy or painful menstruation or endometriosis or miscarriage
- High blood pressure
- High cholesterol
- Increased belly fat, which some call a "muffin top"
- Infertility or subfertility (you've been trying to conceive for 6 months +
- Low stress resilience, and/or feel overwhelmed most of the time
- Memory lapses or feeling distracted, especially under duress
- Muscle or joint pain
- Painful or tender breasts, especially 7 - 10 days prior to your period
- PMS (Premenstrual Syndrome)
- Poor memory or drawing a blank mid-sentence
- Shakiness between meals, or irritability, also known as hypoglycemia
- Sleep problems, difficulty winding down, disrupted sleep 1-4 a.m.
- Sugar cravings
- Trouble losing weight--your metabolism feels slower than everyone's
- Vaginal dryness, irritation, or loss of feeling
- Wrinkles
- Cysts - ovarian, breast, or endometrial cysts (polyps)
- A red flush on your face (or a diagnosis of rosacea)
- Heavy bleeding or postmenopausal bleeding or fibroids
- Hot flashes, night sweats, or power surges
- Weepiness, or mini-breakdowns/anxiety
- Gall bladder problems or removal
- Excess hair on your face, chest, or arms
- Acne
- Thinning head hair
- Discoloration of your armpits (darker & thicker than your normal skin)
- Skin tags, especially on your neck and upper torso
- Unstable blood sugar, Hyperglycemia or hypoglycemia
- Menstrual cycles occurring more than every 35 days or infertility