

DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

PART A – HIGH CORTISOL

We're talking difficulty sleeping (think "tired but wired"), memory lapses, inability to concentrate, eczema, anxiety, a quick temper, blood sugar instability (crazy sugar cravings!), the dreaded "muffin-top", and scariest of all — accelerated aging.

- You're constantly rushing and never finishing your list of to-do's?
- Feeling exhausted before bedtime yet your "second wind" keeps you up late?
- Difficulty falling asleep or staying asleep?
- Feeling anxious or nervous (you sweat the small stuff)?
- Frequently feeling angry, yelling and "losing it" easily?
- Memory lapses or feeling distracted, especially when stress kicks in?
- Sugar cravings (you need "a little something" after each meal... chocolate please)?
- Increased belly size/fat, greater than 35 inches (not bloating, more like a "muffin-top")?
- Skin issues such as eczema or rashes?
- High blood pressure or rapid heartbeat unrelated to that hot guy at the gym?
- High blood sugar issues (prediabetes, diabetes or insulin resistance)?
- Shakiness or dizziness between meals?
- Digestion problems, ulcers, or reflux?
- Irregular periods?
- Problems with infertility?

How many did you check off? (write your score) _____

PART B – LOW CORTISOL

You feel fatigued & burnt out (particularly during the 2-5PM slump), experience insomnia & anxiety, cry for no reason at all, and/or have low or unstable blood sugar.

- Fatigue or burnout (must have caffeine for energy... crash on the couch at 7pm)?
- You feel like you need a nap in the afternoon (around 3pm)?
- A "glass half empty girl" (Debbie Downer)?
- Crying fits and you don't really know why?
- Feeling stressed most of the time (trouble solving problems & dealing with drama)?
- Can't fall asleep or you wake up frequently (1am - 4am) and can't go back to sleep?
- Low blood pressure? Low blood sugar? Feel dizzy when you stand up too fast?
- Difficulty fighting illness (you catch every virus your kids/friends bring home)
- Asthma? Bronchitis? Chronic cough? Allergies?
- Salt cravings?
- Excess sweating?
- Nausea, vomiting, or diarrhea? Or diarrhea alternating with constipation?
- Muscle or joint pain?
- Hemorrhoids or varicose veins?
- Your skin bruises easily?

How many did you check off? (write your score) _____



PART C – PROGESTERONE

This hormone helps regulate your uterine lining (keeps it from getting too thick), emotions, and sleep; if your levels are too high, you'll see weight gain and experience drowsiness, dizziness, bloating, spinning sensations, discomfort or pain in the legs, anxiety, and a decreased sex drive; if your levels are too low, you'll experience agitation, PMS, painful and/or swollen breasts, heavy or painful periods, bloating, easily disrupted sleep, restless legs and night sweats.

- PMS or very easily "ticked off"?
- Cyclical headaches or migraines (usually around your period)?
- Painful and/or swollen breasts?
- Irregular periods, or menstrual cycle has become more frequent as you age?
- Heavy periods (you go through a super-plus pad/tampon every 2 hours or less)?
- Painful periods (ibuprofen is a must)?
- Bloating and/or fluid retention (you gain 3 to 5 pounds or more before your period)?
- Ovarian cysts?
- Breast lumps or cysts?
- Endometrial cysts or polyps?
- Easily disrupted sleep?
- Itchy or restless legs, especially at night?
- Feeling more uncoordinated and clumsy than before?
- Infertility or subfertility (you've been trying hard to conceive for less than 12 months)?
- Miscarriage in the first trimester?

How many did you check off? (write your score) _____

PART D – HIGH ESTROGEN

Estrogen produces female characteristics and keeps us ladies interested in and happy with sex; even though it sounds like you couldn't have enough of it, there can definitely be too much of a good thing! If your levels are too high, you can rapidly gain weight (especially in the hips and bum!), experience mood swings, PMS, depression, or irritability and have mini breakdowns or anxiety.

- Bloating, puffiness, or retaining water?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in the hips and butt?
- Increased breast tenderness?
- Fibroids?
- Endometriosis, or painful periods?
- Mood swings, PMS, depression, or just irritability?
- Weepiness, sometimes over the most ridiculous things?
- Mini breakdowns? Anxiety?
- Migraines or other headaches?
- Insomnia?
- Brain fog?
- A red flush on your face (or a diagnosis of rosacea)?
- Gallbladder problems (or removal)?

How many did you check off? (write your score) _____



PART E – LOW ESTROGEN

If your levels are too low, your mood and libido will tank, you'll experience less arousal/wetness during sex which will make sex rather painful, your joints will be less flexible, and you'll have trouble sleeping.

- Poor memory (you can't remember where you put your keys... or your kids)?
- Emotionally fragile (drama queen), compared with how you felt several years ago?
- Depression, anxiety or lack of energy/enthusiasm?
- Night sweats or hot flashes?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Sun damage (that you are really noticing), on your chest, face, and shoulders?
- Achy joints (you feel like you just aged 10 years)?
- You have NO desire to exercise?
- Bone loss?
- Vaginal dryness, irritation, or loss of feeling (as in, what happened to your orgasm)?
- Lack of lubrication elsewhere (dry eyes, dry skin, dry clitoris)?
- Low libido (it's been decreasing for a while, and feels almost non-existent)?
- Painful sex?

How many did you check off? (write your score) _____

PART F – ANDROGENS

A group of hormones produced in the ovaries, adrenal glands, and fat cells; if your levels are too high, it can result in hyper- or hypoglycemia, irritability, excessively aggressive episodes, depression and/or anxiety; if your levels are too low, you may experience fatigue, be susceptible to osteoporosis, and have a decreased libido.

- Excess hair on your face, chest, or arms?
- Acne?
- Greasy skin and/or hair?
- Thinning head hair (but growing excess hair where you don't want it)?
- Discoloration of your armpits (darker and thicker than your normal skin)?
- Skin tags, especially on your neck and upper torso?
- Hyperglycemia or hypoglycemia and/or unstable blood sugar?
- Reactivity and/or irritability, or excessively aggressive
- Depression?
- Anxiety?
- Menstrual cycles occurring more than every thirty-five days?
- Ovarian cysts?
- Period pain when you are not on your period?
- Infertility? Or subfertility?
- Polycystic ovary syndrome?

How many did you check off? (write your score) _____



PART G – THYROID

These hormones regulate the activity of almost every single cell in the body as well as how our metabolism works “for us” or “against us”. You may think your “snails-pace” or poor memory is simply a sign of getting older. Not true! In addition, a puffy face, thinning hair, high cholesterol and excessive menstrual bleeding, can also be symptoms of this hormone being out of whack.

- What happened your eyebrows and/or eyelashes? They seem to be disappearing!
- Dry skin? Dry hair? Thin, brittle fingernails?
- Fluid retention or swollen ankles?
- An additional few pounds, or 20, that you just can't lose?
- High cholesterol?
- Bowel movements less often than once a day?
- Repetitive headaches?
- Muscle or joint aches or poor muscle tone (you became an old lady overnight)?
- Tingling in your hands or feet?
- Cold hands and feet? Cold intolerance? Heat intolerance?
- A slow heart rate (less than 60 beats per minute, and you're not an elite athlete)?
- Lethargy (you feel like you're moving too slow)?
- Fatigue, particularly in the morning?
- Slow brain, slow thoughts? Difficulty concentrating?
- Sluggish reflexes, diminished reaction time, feeling apathetic?
- Low sex drive, and you're not sure why?
- Taking the latest antidepressant but you're still not feeling like yourself?
- Heavy periods or other menstrual problems?
- An enlarged thyroid/goiter? Difficulty swallowing? Enlarged tongue?
- A family history of thyroid problems?

How many did you check off? (write your score) _____

WHAT ARE YOUR TOTALS FOR EACH SECTION?



Section A _____

Section B _____

Section C _____

Section D _____

Section E _____

Section F _____

Section G _____

