

# The Questionnaires

---





# High Cortisol

---

We're talking difficulty sleeping (think "tired but wired"), memory lapses, inability to concentrate, eczema, anxiety, a quick temper, blood sugar instability (relentless sugar cravings), the dreaded "muffin-top," and scariest of all – you look ten years older than you are.

- o You're constantly rushing and never finishing your list of to-dos
- o It is hard to calm down at night and your "second wind" keeps you awake
- o Trouble falling asleep or staying asleep
- o Frequently feeling angry, yelling, and "losing it" easily
- o Memory gaps or feeling distracted
- o Cravings for sugar and sweets
- o Excess belly fat (not bloating, more like a "muffin-top")
- o Skin issues such as eczema or rashes
- o High heart-rate, high blood pressure
- o Blood sugar issues, shakiness or dizziness between meals
- o Irregular periods
- o Problems with infertility

----- Total



# Low Cortisol

---



You feel fatigued and burnt out (particularly during the 2:00 to 5:00 p.m. slump), experience insomnia and anxiety, cry for no reason at all, and/or have low or unstable blood sugar.

- o Fatigue or burnout (must have caffeine for energy)
- o You feel like you need a nap in the afternoon (around 3:00 p.m.)
- o You have crying fits and you don't know why
- o You feel stressed most of the time (do you wonder, "why is everything so hard?")
- o You can't sleep or you wake up between 1:00 a.m. and 4:00 a.m. and can't go back to sleep
- o Low blood pressure, low blood sugar, feeling dizzy when you stand up too fast
- o Difficulty fighting illness (you catch every virus your kids/friends bring home)
- o You crave salt
- o You sweat too much
- o You have nausea, vomiting, diarrhea, or constipation
- o You have muscle or joint pain
- o Your skin bruises easily

----- Total



# Progesterone

---



You feel stressed out for reasons that never used to stress you out and are often so tired, it feels like someone spiked your cocktail with a sleeping pill.

- o You have PMS or feel easily “ticked off”
- o You have period headaches or migraines
- o You have irregular periods, or menstrual cycle has become more frequent as you age
- o You have excessively heavy or painful periods
- o You have bloating and/or fluid retention (you gain a few pounds or more before your period)
- o You have ovarian cysts
- o You have breast lumps or cysts
- o You have endometrial cysts or polyps
- o Your sleep is easily disrupted
- o You have itchy or restless legs, especially at night
- o You feel more uncoordinated and clumsier than before
- o You have infertility struggles

----- Total



# High Estrogen

---



You've rapidly gained weight (all hips and rear), have mood swings, PMS, depression, or irritability, and have breakdowns or anxiety.

- o You retain water, feel bloated and puffy
- o You have had abnormal pap-smears
- o You have heavy bleeding or postmenopausal bleeding
- o You have rapid weight gain, particularly in the hips and butt
- o You have fibroids
- o You have endometriosis or painful periods
- o You have mood swings, PMS, depression, anxiety, or just irritability
- o You have migraines or headaches
- o You suffer from insomnia
- o You experience brain fog
- o You have redness of the face (rosacea)
- o You have gallbladder problems or had it removed

----- Total



# Low Estrogen

---

Your mood and libido have tanked, sex is rather painful, your joints are less flexible, and you have trouble sleeping.

- o You have memory issues (you can't remember where you put your keys – or your kids)
- o You suffer from depression, anxiety, or lack of energy/enthusiasm
- o You have night sweats or hot flashes
- o You have sleep troubles or wake up in the middle of the night
- o You have a leaky or overactive bladder
- o You suffer from bladder infections
- o You have sun damage (that you notice), on your chest, face, and shoulders
- o You have achy joints (you feel like you just aged ten years)
- o You have vaginal dryness, irritation, or loss of feeling (as in, what happened to your orgasm)
- o You have dry eyes, dry skin, or dry hair
- o You have low libido (it has been decreasing for a while and feels almost non-existent)
- o Sex is painful for you

----- Total



# Androgens

---

You are irritable, can be excessively aggressive, depressed and/or anxious. You experience fatigue and have a decreased libido.

- o You have acne
- o You have greasy skin and/or hair
- o You have thinning head hair (but grow excess hair where you don't want it)
- o You see a discoloration in your armpits (darker and thicker than your normal skin)
- o You have skin tags, especially on your neck and upper torso
- o You have hyperglycemia or hypoglycemia and/or unstable blood sugar
- o You suffer from reactivity and/or irritability or you are excessively aggressive
- o You suffer from depression
- o You have anxiety
- o Your menstrual cycles occur more than every thirty-five days
- o You have period pain when you are not on your period
- o You have polycystic ovary syndrome

----- Total



# Thyroid

---



Thyroid issues can mean a slow metabolism, memory loss, a puffy face, thinning hair, high cholesterol, and excessive menstrual bleeding.

- o Your eyebrows and/or eyelashes seem to be disappearing
- o You have dry skin, dry hair, or thin, brittle fingernails
- o You retain fluid or have swollen ankles
- o You have bowel movements less often than once a day
- o You have regular headaches
- o You have muscle or joint aches or poor muscle tone (you became an old lady overnight)
- o You have cold hands and feet, or an intolerance to cold or hot
- o You have fatigue, especially in the morning
- o You have difficulty concentrating, focusing, and reacting
- o You feel apathetic
- o You have heavy periods or other menstrual problems
- o You have difficulty swallowing or a goiter

----- Total



# What Your Results Mean

---



If you checked three or more boxes in any one hormone category, you most likely have a hormone imbalance.

Yes, it is possible to have more than one hormone out of balance at the same time. Even though they are produced in different areas of the body, our hormones work together. When one is off, the others can try to compensate. Some symptoms mask others and overlap.

Occasionally, symptoms change hour to hour and sometimes depend on where you are in your monthly cycle.

Identifying which hormones are unbalanced is just the beginning. The next step is to figure out what other root causes could be contributing to your weight loss resistance.



# Food Sensitivities

---



The more trouble you've had with losing weight and keeping it off, the more likely it is that food sensitivities are contributing to your problem. To begin determining potential food sensitivities, check the boxes for statements that sound like you.

- I need a cup of coffee or another caffeinated pick-me-up to start my day.
- I crave baked goods, pasta, and other sweets and treats.
- I have difficulty falling asleep or staying asleep, and sometimes during the night I feel anxious and struggle to go back to sleep.
- My bowel movements happen less than once per day and can be painful and difficult when I do go.
- My mood can change quickly and without reason.
- I need coffee or other caffeinated pick-me-up in the afternoon to get through my day.
- I struggle to focus for long periods of time.
- Hours after I eat a big meal, I'm hungry and craving what I ate earlier.
- Doing routine and important tasks takes all the energy and initiative I have.
- I am suffering from acne, eczema, rashes, or blotchy skin.
- I have brain fog or difficulty concentrating.
- I feel gassy or bloated or have other uncomfortable gut issues after eating a meal.
- The smell of scented candles, perfume, and detergents bother me.
- Walking or moving around can create cramping, achiness, or joint pain.
- I have headaches or migraines more than once per month.
- I eat all the right foods, exercise regularly, and still struggle to lose weight.
- Even though I don't have a cold/flu, I feel like I have to clear my throat often or I have sinus congestion.
- I have chronic ear infections (more common in kids).

----- Total



# What Your Score Means

---



If you checked ten or more, you most likely have food sensitivities. By identifying and addressing this, you may see symptoms disappear and the scale will start moving again.

If you checked seven to ten, you display some of the symptoms that food intolerances can trigger. You would greatly benefit from identifying and addressing this to know if this is one of the root causes of your weight loss resistance or other health struggles.

If you checked below seven, while you suffer from just a few of the symptoms brought about by food sensitivities, you could still benefit from identifying and addressing this issue. Even the healthiest person can step their game up a notch, right?



# Micronutrient Deficiencies

---



Everyone knows that vitamins and minerals are necessary to keep the body healthy, but how do you know when you aren't meeting your body's needs? To find whether you are at risk for common nutrient shortfalls, complete the questionnaire below.

Check all that apply to you now or recently:

- Thinning hair, hair loss, or brittle nails
- Mouth ulcers or cracks in the corner of the mouth
- Depression or anxiety
- Coffee drinker (eight ounces per day or more)
- Sensitive or bleeding gums
- Poor night vision
- Dermatitis or dandruff
- Numbness or tingling in arms or hands
- Red or white bumps on skin or keratosis pilaris (chicken skin)
- Muscle spasms or restless legs
- Achy joints or muscles
- High blood pressure
- Consuming fast food more than three times per week
- ADD or ADHD
- Low resistance to infection (cold/flu/virus)
- Brain fog; difficulty concentrating
- Chronic tiredness or lack of energy
- Trouble falling asleep or staying asleep
- Arthritis
- Hair loss
- Weight loss resistance
- Headaches or migraines
- Muscle cramps
- Taking any pharmaceutical medications

----- Total



# What Your Score Means

---



If you scored ten or more or you are taking any prescription medication, you may have essential nutrient deficiencies or borderline deficiencies that may create many of these symptoms and can prevent weight loss.



# Gut Imbalance

---



Are you experiencing symptoms of a gut bacteria imbalance? Check all that apply to you to find out.

- I either have bowel movements several times a day or rarely go at all.
- My stools can vary from being soft and watery to hard pellets.
- I often feel the urge to go but can't.
- Stress often upsets my stomach.
- There are so many different foods that upset me; I don't know what to eat.
- As well as abdominal and bowel symptoms, I often feel so tired and get indigestion.
- The bloating is so bad, I can look as though I am pregnant.
- I take antibiotics when I am sick, which is usually at least twice per year.
- I immediately feel the urge to go to the bathroom after I eat.
- I still have breakouts and cystic acne even though I am an adult.
- Even though I moisturize, I still have patches of dry, flaky skin.
- I crave sugar and carbs.

----- Total



# What Your Score Means

---



If you checked four or more symptoms, you may have a gut imbalance and would benefit from learning ways to support your microbiome.