



Superior Quality Guaranteed

## Women's Hormone Self-Assessment Questionnaire

Find out if your symptoms may be the result of an imbalance in your hormones.

Circle the # next to all items that apply to you during the last six months.

- 1 Do you suffer with breast tenderness before your period?
- 5 Do you have fatigue on a regular basis?
- 4 Do you have a tendency to put weight on around the middle?
- 1 Do others complain of your mood swings before your period?
- 3 Do you have a lowered sense of well being?
- 1 Do you get headaches around the time of your period?
- 2 Have your periods stopped?
- 4 Do you have a low pulse or feel dizzy?
- 2 Do you have vaginal dryness?
- 5 Are you experiencing hair loss?
- 3 Have your muscles lost strength and tone?
- 1 Do you skip periods or get them too often?
- 5 Do you have difficulty losing weight?
- 1 Do you have fibrocystic breast disease or uterine fibroids?
- 3 Do you have a loss of or thinning pubic hair?
- 1 Do you suffer with hot flashes or night sweats?
- 4 Do you feel sluggish and fatigued?
- 4 Do you have a high amount of stress in your life?
- 1 Do you urinate frequently or have trouble holding your urine?
- 5 Do you have cold hands and feet?
- 1 Do you have fluid retention, bloating or weight gain?
- 2 Do you have difficulty sleeping?
- 1 Do you have heavy bleeding and clotting during your period?
- 4 Do you feel as though there is never enough time in your day?
- 2 Do you get confused or have difficulty with remembering?
- 5 Do you think its cold when others are comfortable?
- 5 Do you have low blood pressure?
- 2 Do you get recurrent urinary tract or vaginal infections?
- 1 Do you have severe menstrual cramping or pain?
- 3 Are you less assertive or have less initiative?
- 3 Are you often overwhelmed?
- 3 Has your endurance declined?
- 3 Do you have decreased sensitivity in your erogenous zones?
- 4 Do you have asthma or allergies?
- 2 Are you depressed, sad or unhappy?
- 5 Is your body temperature usually below 98.6 degrees?
- 4 Do you have recurrent illnesses?
- 4 Do you have chronic aches and pains?
- 3 Do you have a low sex drive?
- 5 Do you experience numbness or tingling in your extremities?

**Add up the total of #1 answers:** \_\_\_\_\_

- a score of less than 2 indicates that you probably do not suffer from low progesterone.
- a score of 2 to 4 indicates a possibility of low progesterone.
- a score of more than 4 indicates a high possibility that you suffer from low progesterone.

**Add up the total of #2 answers:** \_\_\_\_\_

- a score of less than 2 indicates that you probably do not suffer from low estrogen.
- a score of 2 to 4 indicates a possibility of low estrogen.
- a score of more than 4 indicates a high possibility that you suffer from low estrogen.

**Add up the total of #3 answers:** \_\_\_\_\_

- a score of less than 2 indicates that you probably do not suffer from low testosterone.
- a score of 2 to 4 indicates a possibility of low testosterone.
- a score of more than 4 indicates a high possibility that you suffer from low testosterone.

**Add up the total of #4 answers:** \_\_\_\_\_

- a score of less than 2 indicates that you probably do not suffer from low adrenal function.
- a score of 2 to 4 indicates a possibility of low adrenal function.
- a score of more than 4 indicates a high possibility that you suffer from low adrenal function.

**Add up the total of #5 answers:** \_\_\_\_\_

- a score of less than 2 indicates that you probably do not suffer from low thyroid function.
- a score of 2 to 4 indicates a possibility of low thyroid function.
- a score of more than 4 indicates a high possibility that you suffer from low thyroid function.