

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

### — PART A —

- A feeling you're constantly racing from one task to the next?
- Feeling wired yet tired?
- A struggle calming down before bedtime, or a second wind that keeps you up late?
- Difficulty falling asleep or disrupted sleep?
- A feeling of anxiety or nervousness-can't stop worrying about things beyond your control?
- A quickness to feel anger or rage— frequent screaming or yelling?
- Memory lapses or feeling distracted, especially under duress?
- Sugar cravings (you need "a little something" after each meal, usually of the chocolate variety)?
- Increased abdominal circumference, greater than 35 inches (the dreaded abdominal fat or muffin top – not bloating)?
- Skin conditions such as eczema or thin skin (sometimes physiologically and psychologically)?
- Bone loss (perhaps your doctor uses scarier terms, such as osteopenia or osteoporosis)?
- High blood pressure or rapid heartbeat unrelated to those cute red shoes in the store window?
- High blood sugar (maybe your clinician has mentioned the words prediabetes or even diabetes or insulin resistance)?  
Shakiness between meals, also known as blood sugar instability?
- Indigestion, ulcers, or GERD (gastroesophageal reflux disease)?
- More difficulty recovering from physical injury than in the past?
- Unexplained pink to purple stretch marks on your belly or back?
- Irregular menstrual cycles?
- Decreased fertility?

— PART B —

- Fatigue or burnout (you use caffeine to bolster your energy, or fall asleep while reading or watching a movie)?
- Loss of stamina, particularly in the afternoon, from two to five?
- An atypical addiction to a negative point of view?
- Crying jags for no particular reason?
- Decreased problem-solving ability?
- Feeling stressed most of the time (everything seems harder than before, and you have trouble coping)? Decreased stress tolerance?
- Insonia or difficulty staying asleep, especially between one and four in the morning?
- Low blood pressure (not always a good thing, since your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)?
- Postural hypotension (you stand up from lying down and feel dizzy)?
- Difficulty fighting infection (you catch every virus you meet, particularly respiratory)? Difficulty recovering from illness or surgery or healing wounds?
- Asthma? Bronchitis? Chronic cough? Allergies?
- Low or unstable blood sugar?
- Salt cravings?
- Excess sweating?
- Nausea, vomiting, or diarrhea? Or loose stool alternating with constipation?
- Muscle weakness, especially around the knee? Muscle or joint pain?
- Hemorrhoids or varicose veins?
- Your blood seems to pool easily, or your skin bruises easily?
- A thyroid problem that's been treated, you feel better, and suddenly you feel palpitations or have rapid or irregular heartbeats (a sign of a low cortisol/low thyroid combo)?

— PART C —

- Agitation or PMS?
- Cyclical headaches (particularly menstrual or hormonal migraines)?
- Painful and/or swollen breasts?
- Irregular menstrual cycles, or cycles becoming more frequent
- Heavy or painful periods (heavy: going through a superpad or tampon every two hours or less; painful; you can't function without ibuprofen)?
- Bloating, particularly in the ankles and belly, and/or fluid retention (in other words, you gain 3 to 5 pounds or more before your period)?
- Ovarian cysts, breast cysts, or endometrial cysts (polyps)?
- Easily disrupted sleep?
- Itchy or restless legs, especially at night?
- Increased clumsiness or poor coordination?
- Infertility or subfertility (you've been trying hard to conceive but haven't hit the official twelve-month mark of no conception-six months if you're thirty-five or older)?
- Miscarriage in the first trimester?

Keep going! We're halfway there!

— PART D —

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in the hips and butt?
- Increased bra-cup size or breast tenderness?
- Fibroids?
- Endometriosis, or painful periods? (Endometriosis is when pieces of the uterine lining grow outside of the uterine cavity, such as on the ovaries or bowel, and cause 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)?

— PART E —

- Poor memory (you walk into a room to do something, then wonder what it was, or draw a blank midsentence)?
- Emotional fragility, especially compared with how you felt ten years ago?
- Depression, perhaps with anxiety or lethargy (or, more commonly, dysthymia: low-grade depression that lasts more than two weeks)?
- Wrinkles (your favorite skin cream no longer works miracles?)
- Night sweats or hot flashes?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Droopy breasts, or breasts lessening in volume?
- Sun damage more obvious, even glaring, on your chest, face, and shoulders?
- Achy joints (you feel positively geriatric at times)?
- Recent injuries, particularly to wrists, shoulders, lower back, or knees?
- Loss of interest in exercise?
- Bone loss?
- Vaginal dryness, irritation, or loss of feeling (as if there were layers of blankets between you and the now-elusive toe-curling orgasm)?
- Lack of juiciness elsewhere (dry eyes, dry skin, dry clitoris)?
- Low libido (it's been dwindling for a while, and now you realize it's half or less than what it used to be)?
- Painful sex?

- PART F -

- Excess hair on your face, chest, or arms?
- Acne?
- Greasy skin and/or hair?
- Thinning head hair (which makes you question the justice of it all if you're also experiencing excess hair growth elsewhere)?
- Discoloration of your armpits (darker and thicker than your normal skin)?
- Skin tags, especially on your neck and upper torso? (Skin tags are small, flesh-colored growths on the skin surface, usually a few millimeters in size, and smooth. They are usually noncancerous and develop from friction, such as around bra straps. They do not change or grow over time.)
- Hyperglycemia or hypoglycemia and/or unstable blood sugar?
- Reactivity and/or irritability, or excessively aggressive or authoritarian episodes (also known as 'roid rage)?
- Depression? Anxiety?
- Menstrual cycles occurring more than every thirty-five
- Ovarian cysts?
- Midcycle pain?
- Infertility? Or subfertility?
- Polycystic ovary syndrome?

- PART G -

- Hair loss, including of the outer third of your eyebrows and/or eyelashes?
- Dry skin?
- Dry, strawlike hair that tangles easily?
- 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, or you feel you don't completely evacuate?
- Recurrent headaches?
- Decreased sweating?
- 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 sensitivity to cold (you shiver more easily than others and are always wearing layers)?
- Slow speech, perhaps with a hoarse or halting voice?
- A slow heart rate, or bradycardia (fewer than 60 beats per minute, and not because you're an elite athlete)?
- Lethargy (you feel like you're moving through molasses)?
- Fatigue, particularly in the morning?
- Slow brain, slow thoughts? Difficulty concentrating?
- Sluggish reflexes, diminished reaction time, even a bit of apathy?
- Low sex drive, and you're not sure why?
- Depression or moodiness (the world is not as rosy as it used to be)?
- A prescription for the latest antidepressant but you're still not feeling like yourself?
- Heavy periods or other menstrual problems?
- Infertility or miscarriage? Preterm birth?
- An enlarged thyroid/goiter? Difficulty swallowing? Enlarged tongue?
- A family history of thyroid problems?

#### A: High Cortisol

5 + symptoms: red alert! Chances are that you are high in cortisol

3-4: you may need to address this hormonal imbalance

Fewer than three or unsure: ask your doc to test your blood cortisol

#### B: Low Cortisol

5 + symptoms: Chances are that you are low in cortisol

Fewer than five: ask your doc to test your blood cortisol or saliva

#### C: Low Progesterone or Progesterone Resistance

5 + symptoms: You are probably low in progesterone

3-4: you may need to address this hormonal imbalance

Fewer than three or unsure: ask your doc to test your blood progesterone on day 21 (or day 1 of menstrual cycle - 7 if your period is not at 28 days)

#### D: Excess Estrogen

5 + symptoms: Probably high estrogen

3-4: high estrogen is a significant possibility

#### E: Low Estrogen

5 + symptoms: You are probably low in estrogen

3-4: there's a good chance you are low in estrogen

#### F: Excess Androgens

5 + symptoms: you are very likely high in androgens

3-4: you might have high androgens

Fewer than three or unsure: ask your doc to test your blood free-testosterone level or Free Androgen Index

#### G: Low Thyroid

5 + symptoms: you likely have a thyroid problem: test TSH, FT3 and Reverse T3

Between 3 and 5 : you might have a problem