Symptom Checklist for WOMEN

Use each of the following checklists to determine signs & symptoms of hormone imbalance and help you choose the appropriate profile.

Category 1:	Basic Hormone	Imbalance
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	Mark which of the following	g factors/sy	mptoms are	present and/or	persist over time.
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Hot flashes	Mood swings (PMS)	Urinary incontinence	Night sweats
Heart palpitations	Cystic ovaries	Vaginal dryness	Acne
Heavy menses	Foggy thinking	Weight gain	Depressed mood
Fibrocystic breasts	Irritability	Increased body/facial	Headaches
Low libido/decreased	Uterine fibroids	hair	Bone loss
sexual function			
ategory 2: Adrenal Hormor	ne Imbalance tors/symptoms are present an	d/or persist over time.	
	Weight gain	Morning fatigue	Food cravings
	Depression		Susceptibility to infection
	Evening fatigue	Allergies	Autoimmune diseases
			Diabetes/prediabetes
problems	History of steroid usage	BONE INSS	
problems Low blood sugar ategory 3: Thyroid Hormone ark which of the following fac	History of steroid usage Imbalance Itors/symptoms are present an	Bone loss d/or persist over time.	Diabotoo, produabotoo
Low blood sugar ategory 3: Thyroid Hormone ark which of the following fac	e Imbalance tors/symptoms are present an	d/or persist over time.	
Low blood sugar ategory 3: Thyroid Hormone ark which of the following fac Aches and pains	e Imbalance tors/symptoms are present an Anxiety	d/or persist over time Brittle nails	Depression
Low blood sugar ategory 3: Thyroid Hormone ark which of the following fac Aches and pains Dry skin	e Imbalance tors/symptoms are present an Anxiety Cold hands and feet	d/or persist over time. Brittle nails Headaches	Depression Infertility
Low blood sugar ategory 3: Thyroid Hormone ark which of the following fac Aches and pains Dry skin Fatigue	e Imbalance tors/symptoms are present an Anxiety Cold hands and feet Foggy thinking	d/or persist over time. Brittle nails Headaches Weight gain	Depression Infertility Feeling cold all the time
Low blood sugar ategory 3: Thyroid Hormone ark which of the following fac Aches and pains Dry skin	e Imbalance tors/symptoms are present an Anxiety Cold hands and feet	d/or persist over time. Brittle nails Headaches	Depression Infertility
Low blood sugar ategory 3: Thyroid Hormone ark which of the following face Aches and pains Dry skin Fatigue Heart palpitations Constipation ategory 4: Cardiometabolic	e Imbalance tors/symptoms are present an Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair	d/or persist over time. Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities	Depression Infertility Feeling cold all the time Sleep disturbances
Low blood sugar ategory 3: Thyroid Hormone ark which of the following face Aches and pains Dry skin Fatigue Heart palpitations Constipation ategory 4: Cardiometabolic	e Imbalance tors/symptoms are present an Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair Risk eters/symptoms are present an	d/or persist over time. Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities	Depression Infertility Feeling cold all the time Sleep disturbances Elevated cholesterol
Low blood sugar ategory 3: Thyroid Hormone ark which of the following face Aches and pains Dry skin Fatigue Heart palpitations Constipation ategory 4: Cardiometabolic ark which of the following face	e Imbalance tors/symptoms are present an Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair Risk tors/symptoms are present an Weight gain	d/or persist over time. Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities d/or persist over time.	Depression Infertility Feeling cold all the time Sleep disturbances Elevated cholesterol
Low blood sugar ategory 3: Thyroid Hormone ark which of the following face Aches and pains Dry skin Fatigue Heart palpitations Constipation ategory 4: Cardiometabolic ark which of the following face History of smoking	e Imbalance tors/symptoms are present an Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair Risk tors/symptoms are present an Weight gain	d/or persist over time. Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities d/or persist over time. Heart disease or family his	Depression Infertility Feeling cold all the time Sleep disturbances Elevated cholesterol

If you checked symptoms in <u>all four categories</u>, the suggested test profiles are:

MINIMUM: Female Blood Profile II (Blood Spot)

PREFERRED: Comprehensive Female Profile I or II (Saliva/Blood Spot) and CardioMetabolic Profile (Blood Spot)

If you checked symptoms <u>ONLY in Category 1</u>, the suggested test profiles are:

MINIMUM: Female Blood Profile I (Blood Spot) or Female/Male Saliva Profile I (Saliva)

PREFERRED: Comprehensive Female Profile I or II (Saliva/Blood Spot)

If you checked symptoms <u>ONLY in Category 2</u>, the suggested test profiles are:

MINIMUM: Adrenal Stress Profile (Saliva)

PREFERRED: Comprehensive Female Profile I or II (Saliva/Blood Spot)

If you checked symptoms <u>ONLY in Category 3</u>, the suggested test profiles are:

MINIMUM: Essential Thyroid Profile (Blood Spot)

PREFERRED: Comprehensive Female Profile I or II (Saliva/Blood Spot); OR Comprehensive Elements Thyroid Profile (Blood Spot/

Dried Urine) plus Female/Male Saliva Profile III (Saliva)

If you checked symptoms <u>ONLY in Category 4</u>, the suggested test profiles are:

MINIMUM: CardioMetabolic Profile (Blood Spot)

PREFERRED: CardioMetabolic Profile (Blood Spot) plus Female/

Male Saliva Profile III (Saliva)

