

SYMPTOMS LIST

Each Category is divided into hormone deficiency and excess, as each has a different subset of symptoms. **Score the symptoms which apply to you 0(none), 1 (mild), or 3 (severe).**

Estrogens (Estradiol)

**Estrogen Deficiency**

Hot Flashes  
Night Sweats  
Vaginal Dryness  
Foggy Thinking  
Memory Lapses  
Incontinence  
Tearful

Bone Loss  
Heart Palpitations  
Dry Skin/Hair  
Headaches  
Sleep Disturbances  
Depressed

**Estrogen Excess**

Mood Swings(PMS)  
Tender Breast  
Water Retention  
Nervous  
Irritable  
Anxious  
Fibrocystic Breast  
Uterine Fibroids  
Weight Gain in Hips  
Weight Gain in Waste

Sleep Disturbances  
Elevated Triglycerides  
Cystic Ovaries  
Breast Cancer  
Low Libido  
Headaches  
Bleeding Changes  
Sugar Cravings  
Cold Body Temperature

Progesterone

**Progesterone Deficiency**

Hot Flashes  
Night Sweats  
Vaginal Dryness  
Foggy Thinking  
Memory Lapses  
Incontinence  
Tearful  
Depressed  
Sleep Disturbances  
Cramps

PMS/Mood Swings  
Irregular Bleeding  
Break Thru Bleeding  
Heavy Periods  
Irritability  
Water Retention  
Headaches  
Anxiety  
Nervous  
Cystic Ovaries

**Progesterone Excess**

Sleeplessness  
Breast Tenderness on Sides  
Decreased Libido  
Mild Depression  
Candida Infections

Androgens (DHEA and Testosterone)

**Androgen Deficiency**

Low Libido  
Vaginal Dryness  
Foggy Thinking  
Fatigue  
Aches and Pains  
Memory Lapses  
Incontinence  
Depressed

Bone Loss  
Decreased Muscle Mass  
Thinning Skin  
Heart Palpitations  
Headaches  
Fibromyalgia  
Sleep Disturbances

**Androgen Excess**

Increased Facial hair  
Increased Body Hair  
Loss of Scalp Hair  
Increased Acne  
Oily Skin  
Irritable  
Anxious  
Ovarian Cyst

Cortisol (Adrenal Function)

**Cortisol Deficiency**

Fatigue  
Sugar Craving  
Allergies  
Chemical Sensitivity  
Stress  
Cold Body Temp  
Heart Palpitations  
Aches and Pains  
Irritable  
Arthritis

**Cortisol Excess**

Sleep Disturbances  
Bone Loss  
Fatigue  
Weight Gain in Waist  
Thinning Skin  
Loss of Muscle Mass  
Elevated Triglycerides  
Irritable  
Anxious  
Memory Lapses

Depressed  
Headaches  
Stress  
Sugar Cravings  
Hair Loss  
Low Libido  
Increased Facial Hair  
Increased Body hair  
Acne  
Nervous

## Thyroid

### Thyroid Deficiency

Tired/Exhausted  
Sad or Depressed  
Cold Body Temp  
Cold hands & Feet  
Weight Gain  
Can't Lose Weight  
Memory Lapses  
Forgetful  
High Cholesterol  
Foggy thinking  
Mood Changes  
Low Blood Pressure  
Slow Pulse Rate  
Decreased Sweating  
Slow Ankle reflex

Hair Loss  
Hair Dry or Brittle  
Nails Breaking or Brittle  
Aches and Pains  
Low Libido  
Heart Palpitations  
Sleep Disturbances  
Swelling/Puffy Eyes/Face  
Bone Loss  
Decreased Muscle Mass  
Thinning Skin  
Infertility Problems  
Slowed Reflexes  
Constipation  
Hoarseness

### Thyroid Excess

Rapid Weight Loss  
Insomnia  
Difficulty Falling Asleep  
Unusual Sweating  
Always Feeling Hot  
Bulging Eyes  
Erratic Behavior  
Anxiety  
Irritability  
Nervous  
Panic Attacks  
Decreased Concentration  
Short Attention Span  
Rapid Heart Beat  
Goiter

## IGF-1 Testing for Human Growth Hormone Levels

### IGF-1 Deficiency

Rapid Aging  
Sleep Disturbances  
Memory Impairment  
Decreased Stamina  
Decreased Libido  
Increased Fatigue  
Heart Disease

Osteoporosis  
Thinning Skin  
Insulin Insensitivity  
Slowing Cognition  
Sexual Dysfunction  
Central Obesity

### IGF-1 Excess

Visual Field Defects  
Thickening of Palms  
Thickening of Heel Pads  
Increased Cranial Growth  
Changes in Skull/Face  
Enlarged/Thickening Heart