

**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), 2 (Moderate) 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 Waist

- 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**

- Heart Palpitations
- Bone Loss
- 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