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	factors/symptoms	are present and/o	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			
Itegory 2: Adrenal Horm	one Imbalance actors/symptoms are present an	d/or persist over time.	
Aches and pains	Weight gain	Morning fatigue	Food cravings
Sleep disturbances	Depression		Susceptibility to infections
Chronic health	Evening fatigue		Autoimmune diseases
Official fical life			Diabetes/prediabetes
problems	History of steroid usage	Rone loss	
problems Low blood sugar ategory 3: Thyroid Hormo ark which of the following f	History of steroid usage one Imbalance factors/symptoms are present an	Bone loss	Diabetes/prediabetes
Low blood sugar Itegory 3: Thyroid Hormo	one Imbalance actors/symptoms are present an	d/or persist over time.	
Low blood sugar Itegory 3: Thyroid Hormo ark which of the following f Aches and pains	one Imbalance actors/symptoms are present an Anxiety	d/or persist over time. Brittle nails	Depression
Low blood sugar Itegory 3: Thyroid Hormo Ark which of the following f Aches and pains Dry skin	one Imbalance actors/symptoms are present an Anxiety Cold hands and feet	d/or persist over time. Brittle nails Headaches	Depression
Low blood sugar ategory 3: Thyroid Hormo ark which of the following f Aches and pains Dry skin Fatigue	actors/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 Itegory 3: Thyroid Hormo Ark which of the following f Aches and pains Dry skin	one Imbalance actors/symptoms are present an Anxiety Cold hands and feet	d/or persist over time. Brittle nails Headaches	Depression
Low blood sugar Itegory 3: Thyroid Hormo ark which of the following f Aches and pains Dry skin Fatigue Heart palpitations Constipation Itegory 4: Cardiometabol	one Imbalance actors/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 Itegory 3: Thyroid Hormo ark which of the following f Aches and pains Dry skin Fatigue Heart palpitations Constipation Itegory 4: Cardiometabol	actors/symptoms are present an Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair Lic Risk factors/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 Itegory 3: Thyroid Hormo Ark which of the following f Aches and pains Dry skin Fatigue Heart palpitations Constipation Itegory 4: Cardiometabol Ark which of the following f	actors/symptoms are present an Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair Aictors/symptoms are present an Weight gain	d/or persist over time. Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities ad/or persist over time.	Depression Infertility Feeling cold all the time Sleep disturbances Elevated cholesterol
Low blood sugar Itegory 3: Thyroid Hormo In Aches and pains In Dry skin In Fatigue In Heart palpitations Constipation Itegory 4: Cardiometabol Iterary which of the following for the fo	one Imbalance actors/symptoms are present an Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair lic Risk factors/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 $\underline{\text{ONLY in Category 2}},$ 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)



Symptom Checklist for MEN

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

	Mark which of the following	g factors/symp	toms are present	and/or persist	over time.
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Burned out feeling	Irritable	Insomnia	Decreased urine flow
Hot flashes	Erectile dysfunction _	Increased urinary urge	Decreased stamina
Weight gain waist	Prostate problems	Infertility problems	Sleep disturbances
Decreased libido	Decreased mental	Oily skin	Decreased muscle
_ Decreased erections	sharpness _	Apathy	mass
Night sweats			
ory 2: Adrenal Hormone which of the following fact	e Imbalance ors/symptoms are present a	und/or persist over time.	
Aches and pains	Depression	Morning fatigue	Bone loss
Sleep disturbances	Lack of motivation	Anxiety	Low blood sugar
Chronic health	Prostate problems	Allergies	Autoimmune disease
		Weight gain waist	Fibromyalgia
problems	Evening laugue		
problems _ Stress ory 3: Thyroid Hormone		Decreased erections	
Stress Ory 3: Thyroid Hormone which of the following fact	Imbalance ors/symptoms are present a	Decreased erections	Susceptibility to infecti
Stress Ory 3: Thyroid Hormone which of the following fact Low libido	Imbalance ors/symptoms are present a Depression	nd/or persist over time. Feeling cold	Susceptibility to infecti
Stress Jory 3: Thyroid Hormone which of the following fact Low libido Foggy thinking	Imbalance ors/symptoms are present a Depression Infertility	nd/or persist over time. Feeling cold Headaches	Susceptibility to infecti Decreased erections Sleep disturbances
Stress Ory 3: Thyroid Hormone which of the following fact Low libido Foggy thinking Constipation	Imbalance ors/symptoms are present a Depression Infertility Fatigue	Decreased erections and/or persist over time. Feeling cold Headaches Lack of motivation	Susceptibility to infecti Decreased erections Sleep disturbances Inability to lose weig
Stress Jory 3: Thyroid Hormone which of the following fact Low libido Foggy thinking	Imbalance ors/symptoms are present a Depression Infertility	nd/or persist over time. Feeling cold Headaches	Susceptibility to infecti Decreased erections Sleep disturbances
Stress Ory 3: Thyroid Hormone which of the following fact Low libido Foggy thinking Constipation Elevated cholesterol Jory 4: Cardiometabolic	Imbalance ors/symptoms are present a Depression Infertility Fatigue Dry skin	Decreased erections and/or persist over time. Feeling cold Headaches Lack of motivation Heart palpitations	Susceptibility to infecti Decreased erections Sleep disturbances Inability to lose weig
Stress Ory 3: Thyroid Hormone which of the following fact Low libido Foggy thinking Constipation Elevated cholesterol Jory 4: Cardiometabolic	Imbalance ors/symptoms are present a Depression Infertility Fatigue Dry skin Risk	Decreased erections and/or persist over time. Feeling cold Headaches Lack of motivation Heart palpitations	Decreased erections Sleep disturbances Inability to lose weig Brittle nails
Stress Jory 3: Thyroid Hormone which of the following fact Low libido Foggy thinking Constipation Elevated cholesterol Jory 4: Cardiometabolic which of the following fact	Imbalance ors/symptoms are present a Depression	Decreased erections and/or persist over time. Feeling cold Headaches Lack of motivation Heart palpitations and/or persist over time.	Susceptibility to infection Decreased erections Sleep disturbances Inability to lose weigh Brittle nails
Stress Ory 3: Thyroid Hormone which of the following fact Low libido Foggy thinking Constipation Elevated cholesterol Jory 4: Cardiometabolic which of the following fact History of smoking	Imbalance ors/symptoms are present a Depression Infertility Fatigue Dry skin Risk ors/symptoms are present a Weight gain	Decreased erections and/or persist over time. Feeling cold Headaches Lack of motivation Heart palpitations and/or persist over time. Heart disease or family his	Decreased erections Sleep disturbances Inability to lose weig Brittle nails

If you checked symptoms in $\underline{\text{all four categories}},$ the suggested test profiles are:

MINIMUM: Male Blood Profile II (Blood Spot)

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

and Cardiowetabolic Frome (Blood Spot)

If you checked symptoms $\underline{\text{ONLY in Category 1}},$ the suggested test profiles are:

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

PREFERRED: Comprehensive Male 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 Male 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 Male Profile I or II (Saliva/Blood Spot); **OR** Female/Male Saliva Profile III plus Comprehensive Elements

Thyroid Profile (Blood Spot/Dried Urine)

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)

