Why Monitor Hormone Levels?

It is crucial to monitor hormone levels due to the fact that we now live in a world full of toxic chemicals, synthetic hormones and medications. These toxins disrupt the normal flow of hormones and create imbalance in the body leading to health issues. Your grandmother did not have to deal with the complexity and confusion of hormone therapy and hormone tests. In third world countries and Eastern countries such as Japan, there is no word for PMS or hot flashes. These syndromes tend to plague people who live in the western hemisphere of the world. While being the leaders in technology, unfortunately the West is not number one in good health. We are fortunate though to have the tools to help assess hormone levels and the freedom to use natural therapies to bring the hormones into harmony as our grandmothers and great grandmothers enjoyed.

Female Hormone Questionnaire Instructions

Read through the symptoms. If you are experiencing that symptom, rate the symptom according to the following scale:

- 1. Mild occasional minor problem
- 2 Moderate regular and moderate problem
- 3. Severe frequent and serious problem

Take that rating number and fill in the white boxes across the row with the number that matches the severity of your symptoms. Leave grey boxes blank as in the following example:

| Symptoms | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------------------|---|---|---|---|---|---|---|---|-------|-------|
| Hot flashes | 3 | | | | | 3 | 3 | | | |
| Foggy thinking | 1 | | | | | 1 | 1 | | | |
| Heart palpitations | | | | | | | | | romys | 15.50 |
| Aches and pains | 2 | | 2 | | 2 | | 2 | | 2 | 2 |

In the example above the woman is experiencing severe hot flashes, mild foggy thinking and moderate aches and pains. Heart palpitations are not a problem so the boxes on that line are left blank.

Instructions for totaling the columns and interpreting the results are found at the end of the questionnaire.

Female Hormone Questionnaire

This chart is for education purposes and is not intended as a replacement for medical advice.

| Symptoms | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------------------------------|----------------|-----------------------|-------|---|-----------------------|-------------------------|---------|---|---------|-------------------|
| Hot flashes | es ab | | | | | bura a | wind H | | | |
| Foggy thinking | g ou | | | | | il vale | iarfi | | | |
| Heart palpitations | - gua Leces | | | | | | | | 75778 | v said |
| Aches and pains | oval s | Ve . | | | | | | | | CALLE |
| Allergies | | | 29.00 | | | | | | | 11160 |
| Sugar cravings | e de la reco | | | | woir | | | | | i. c |
| Loss of scalp hair | | | | | | | | | | |
| Tender breasts | | | | | | | | | | |
| Anxious | | C5 541 | | | | liva 5s | b dy | | БаэЯ | |
| Weight gain-hips | | 7316.39 | | | | | | | dana | |
| High cholesterol (>225) | | | | | | | 3 - 1.1 | | | |
| Hair dry or brittle | | | | | | | (139D) | | | |
| Constipation | | | | | | | | | | |
| Hoarsness | | | | | | | MI JO. | | 2377423 | |
| Low blood pressure | | | | - | DEXE | | | | 25.2 | |
| Night sweats | 1 14 | | | | | | | | | |
| Memory lapses | | | | | | e de la continue agrae | | | | Market State |
| Bone loss | | | | | | Colored Colored Colored | | | | |
| Fibromyalgia | | | | | C. Managhar page 11 | | | | | |
| Sensitivity to chemicals | | | | | Perconal Constitution | | | | | A ₁ /1 |
| Elevated triglycerides | | | | | | | | | | |
| Increase in facial or body hair | | | | | | | | | | |
| Bleeding changes | | | | | | | | | | |
| Water retention | | | | | | | | | | |
| Decreased stamina | | | | | | 32.5 | | | | |
| Totals for Page One | | MANAGEMENT CONTRACTOR | - | | | | | | | |

| Symptoms | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 n | 10 |
|------------------------------|--|----------------------|----------------------|--|-------------------------|----------------------------------|--------------|--------|----------|--|
| Swelling or puffy eyes, face | | | | | | | | | | |
| Nails breaking or brittle | | | | | | | | | | |
| Rapid heartbeat | | | i e | | | | Marin ela da | | old rive | |
| Increased urinary urge | en de la participação de la composição d | | | | | | | | | |
| Numbness - feet or hands | | | | | | | | | | |
| Vaginal dryness | | | | | | | | | | |
| Tearful | | | | | | | | | | |
| Sleep disturbed | | | | | | | 380 | | 0.0446 | 7 |
| Morning fatigue | | | | | Aller | | | | 00000 | (i) |
| Stress | | | | | | | | | | |
| Weight gain around waist | | | | | | | | Mile S | | |
| Acne | | | | | | | | | | State of the state |
| Nervous | | | | | | | | | 8 01118 | |
| Fibrocystic breasts | | | | | | | | | | |
| Decreased muscle size | | | | | 100000 | | | | la nor | 2 |
| Slow pulse rate | | | | | | | 319[| | nome | |
| Thinning skin | | | | | | and the strike time the trans | | | | |
| Hearing loss | | | | | | | | | | |
| Low blood sugar | | | | | | | | | | |
| Incontinence | | | dina pipura propersi | | | | | | | |
| Depressed | | | | | | | | | Fbna | 0 |
| Headaches | | | | | | | | | | |
| Evening fatigue | | | 5 | | | | | | | |
| Cold body temperature | | | | | E. | | | | | |
| Decreased libido | | | 5 | | | 200 | | | | |
| Mood swings | | | | | | | | | | |
| Irritable | | | | deather grands and handle and special and deather deather | | | | | | |
| Uterine fibroids | | | | | | | | | | |
| Rapid aging | 5 | | 5 | | | | | | | |
| Totals Page 2 | | To the second second | entration printer | Lo. | Service Service Service | Construction to the construction | | | | |

| Symptoms | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | .9 | 10 |
|-------------------------|--|------------------------------------|--------------------------------------|---------------------------------------|--|--|--|---|---|--|
| Decreased sweating | | | | | | | Ty eye | | prile | |
| Infertility problems | | | | | | an and other states | Sanghang na bina kinabah | | BUE | |
| Goiter | | | | | | | na 10 | | | |
| High blood pressure | | | | - | | | | 201 134 | | |
| Cold hands & feet | | | | | | | | | 13661 | |
| Can't lose weight | | | | | | | | | 8611 TH | |
| Slowed reflexes | | | | | | | | | | |
| Thick tongue | | | | | | | | | in a second | |
| Rapid weight loss | | | | | | | | | SALES CONTRACTOR | |
| Insomnia | | | | | | | | | Ball Salp Carl Salt Straightfall Carp Salt Salt Salp Salt Salp Salt Salt Salt | |
| Unusual sweating | | | | | | | | | | |
| Always feeling hot | | | | | | | | | | |
| Erratic behavior | | | | | | | | | | |
| Panic attacks | | | | | | | | | | |
| Decreased concentration | | | | | | | | | | |
| Short attention span | | | | | | | | | | hos |
| Tremors in fingers | | | | | 1 | | | | | |
| Increased joint pain | | | | | | | | | | 10 pg |
| Totals Page 3 | endelle in enga | enternale en la secola | | on average of | and the second section of the section of the second section of the section of the second section of the section of th | er et erse platform en en en en | | TERRETTER STANDARD OF ALTERNATION STANDARD OF A | | |
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| | Low | 2. Estrogen High /Progesterone Low | 3. Low Androgens (DHEA/Testosterone) | 4. High Androgens (DHEA/Testosterone) | | 611 | fereq. | nei st | od bk | To compare the contract of the |
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| | sten | Proç | 岩 | 岩 | | | And the second s | 800114 | - Fo | lano |
| | roge | -ligh | ens (| gens | sol | sol | bic | ع | nucti | mpa |
| | len/F | len F | ndrog | ndrog | Sortis | Sorti | hyrc | nsu | id F(| Ja |
| | 1. Estrogen/Progesterone Low | strog | JW Ar | igh A | 5. Low Cortisol | 6. High Cortisol | 7. Low Thyroid | 8. High Insulin | 9. Thyroid Function | 10. Adrenal Imbalance |
| | - - | 2. E | 3. [| 4. H | 5 | 6. H | 7. L | % T | 9. T | 9 |