

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										
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										
Foggy thinking										
Heart palpitations										
Aches and pains										
Allergies										
Sugar cravings										
Loss of scalp hair										
Tender breasts										
Anxious										
Weight gain-hips										
High cholesterol (>225)										
Hair dry or brittle										
Constipation										
Hoarsness										
Low blood pressure										
Night sweats										
Memory lapses										
Bone loss										
Fibromyalgia										
Sensitivity to chemicals										
Elevated triglycerides										
Increase in facial or body hair										
Bleeding changes										
Water retention										
Decreased stamina										
Totals for Page One										

Symptoms	1	2	3	4	5	6	7	8	9	10
Swelling or puffy eyes, face										
Nails breaking or brittle										
Rapid heartbeat										
Increased urinary urge										
Numbness - feet or hands										
Vaginal dryness										
Tearful										
Sleep disturbed										
Morning fatigue										
Stress										
Weight gain around waist										
Acne										
Nervous										
Fibrocystic breasts										
Decreased muscle size										
Slow pulse rate										
Thinning skin										
Hearing loss										
Low blood sugar										
Incontinence										
Depressed										
Headaches										
Evening fatigue										
Cold body temperature										
Decreased libido										
Mood swings										
Irritable										
Uterine fibroids										
Rapid aging										
Totals Page 2										

Symptoms	1	2	3	4	5	6	7	8	9	10
Decreased sweating										
Infertility problems										
Goiter										
High blood pressure										
Cold hands & feet										
Can't lose weight										
Slowed reflexes										
Thick tongue										
Rapid weight loss										
Insomnia										
Unusual sweating										
Always feeling hot										
Erratic behavior										
Panic attacks										
Decreased concentration										
Short attention span										
Tremors in fingers										
Increased joint pain										
Totals Page 3										
Totals from Page 2										
Totals from Page 1										
Grand Total										
	1. Estrogen/Progesterone Low	2. Estrogen High /Progesterone Low	3. Low Androgens (DHEA/Testosterone)	4. High Androgens (DHEA/Testosterone)	5. Low Cortisol	6. High Cortisol	7. Low Thyroid	8. High Insulin	9. Thyroid Function	10. Adrenal Imbalance