

Natural Hormone Solution

PM+M HORMONE QUESTIONNAIRE

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DO YOU CURRENTLY EXPERIENCE ANY OF THE FOLLOWING:

Part A

- Weight gain, especially around the middle.
- Mood swings.
- Water retention.
- PMS Symptoms: abdominal bloating, cramping, aggression/rage, breast swelling and pain, food binges (salt/sweet), headache/migraine, edema (water retention), depression (withdrawal from others), back pain, etc.
- Foggy brain/fuzzy thinking.
- Breast swelling/tenderness.
- Irritability.
- Insomnia: trouble falling or staying asleep.
- TMJ pain.
- Fibroids.
- Thinning head hair.
- Elevated blood pressure.

Your Total Score (total your "yeses"): _____

PART B

- Depression/low moods.
- Thinning pubic hair.
- Lack of motivation or drive/ambition.
- Overall decreased sense of well-being.
- Decreased libido - decreased sex drive.
- Difficult to climax.
- Decrease in sexual thoughts or fantasies.
- Decreased sensitivity in your erogenous areas.
- Fatigue.
- Muscle weakness.
- Lack of concentration.

Your Total Score (total your "yeses"): _____



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PM+M HORMONE QUESTIONNAIRE, CONT.

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Part C

- Mental confusion - forgetfulness.
- Vaginal dryness.
- Leakage - urinary incontinence.
- Recurrent vaginal infections.
- Headaches.
- Anxiety, depression, irritability or mood swings.
- Hot flashes.
- Nights sweats.
- Fatigue.
- Urinary tract infections.
- Headaches.
- Thinning skin - less elasticity.
- Osteopenia/osteoporosis.

Your Total Score (total your "yeses"): _____

What My Results Mean:

Part A Hormone Is: _____

Part B Hormone Is: _____

Part C Hormone Is: _____

Notes:

