

THE HORMONE TRIFECTA: HEALING ANXIETY, WEIGHT GAIN, & FATIGUE

Take the Fatigue Assessment.

Keep track of the questions you answer "YES" to...

1. Do you need coffee or caffeine to get going in the morning?
2. Do you find that you're unmotivated?
3. Are you ready for a nap mid afternoon?
4. Are you constantly thinking about when you can close your eyes to get some rest?
5. Do you call yourself a "night owl"?
6. Do you feel tired, but wired?
7. Do you have difficulty falling asleep or staying asleep?
8. Would you say you are "burned out"?
9. Do you feel like you have a loss of stamina from 2-5pm, or in general?
10. Do you have dark rings under your eyes?
11. Do you have decreased problem-solving ability?
12. Do you have low or unstable blood sugar?
13. Do you experience varicose veins or hemorrhoids?
14. Do you have muscle weakness, especially around the knee, or muscle or joint pain?
15. Does your skin bruise easily?
16. Have you experienced a thyroid problem, treated it and you felt better for a bit, but now you have palpitations, or rapid or irregular heartbeats?

Total number of "yeses": _____

If you have...

0-3 Yeses: Fatigue is beginning to have an impact on your health.

3-16 Yeses: Fatigue is having a big impact on your health and your life.