

Day Two

HORMONE

ASSESSMENT

ROBIN NIELSEN, NC, BCHN



Robin's Hormone Reset

Day 2 Hormone Assessment

Most women don't know that hormone imbalances cause them to feel unwell. Congratulations for being here to figure out your hormone status.

DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- My waist to hip ratio is greater than .8? (Measure your waist just below your ribs, measure your hips over your buttocks and then do the quick equation waist measurement/hip measurement)
- My fasting insulin blood work marker is above 5.4.
- High triglycerides? (above 120)
- Elevated blood pressure?
- Dark velvety skin patches on the back of your neck, groin and armpits?
- Low HDL?
- Overweight?
- Fatigue?
- Blood sugar swings?
- Elevated testosterone levels?
- History of miscarriage?
- Sugar cravings?

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