

Day Three

HORMONE

ASSESSMENT

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Robin's Hormone Reset

Day 3 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...

- Hair loss including the outer third of your eyebrows and/or eyelashes?
- Dry skin?
- Dry, straw-like hair that tangles easily?
- Thin, brittle fingernails?
- Fluid retention or swollen ankles?
- An additional few pounds, or 20, that you just can't lose?
- High cholesterol?
- Tend towards constipation - bowel movements less than once a day, or you feel you don't completely evacuate?
- Recurrent headaches?
- Decreased sweating?
- Muscle or joint aches or poor muscle tone (you became an old lady overnight)?
- Tingling in your hands or feet?
- Cold hands and feet? Cold intolerance? Heat intolerance?
- A sensitivity to cold (you're always wearing layers)?
- Slow speech, perhaps with a hoarse or halting voice?
- A slow heart rate, or bradycardia (fewer than 60 beats per minute, and not because you're an athlete)?
- Lethargy (you feel like you're moving through molasses)?

Robin's Hormone Reset

- Fatigue, particularly in the morning?
- Slow brain, slow thoughts? Difficulty concentrating?
- Sluggish reflexes, diminished reaction time, even a bit of apathy?
- Low sex drive, and you're not sure why?
- Depression or moodiness (the world is not rosy as it used to be)?
- A prescription for the latest antidepressant but you're still not feeling like yourself?
- Heavy periods or other menstrual problems?
- Infertility or miscarriage? Preterm birth?
- An enlarged thyroid/goiter?
- Difficulty swallowing?
- Enlarged tongue?
- A family history of thyroid problems?

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