

Day Four

HORMONE

ASSESSMENT

ROBIN NIELSEN, NC, BCHN



*RN
CH*

Robin's Hormone Reset

Day 4 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...

PART A

- Bloating, puffiness, or water retention?
- Abnormal Pap smears?
- Heavy bleeding or postmenopausal bleeding?
- Rapid weight gain, particularly in the hips, midsection and thighs?
- Increased bra-cup size or breast tenderness?
- Fibroids?
- Endometriosis, or painful periods?
- Mood swings, PMS, depression, anxiety or just irritability?
- Weepiness, sometimes over silly things?
- Mini breakdowns?
- Migraines or other headaches?
- Insomnia?
- Brain fog?
- A red flush on your face (or a diagnosis of rosacea)?
- Reduced sex drive?
- Gallbladder problems (or removal)?
- Fibrocystic breasts?

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

Robin's Hormone Reset

PART B

- Poor memory (you walk into a room and forget what you were going to do, or draw a blank mid-sentence)?
- Emotional fragility, especially compared with how you felt ten years ago?
- Depression, perhaps with anxiety or day-long fatigue?
- Wrinkles?
- Night sweats or hot flashes?
- Reduced stamina?
- Trouble sleeping, waking up in the middle of the night?
- A leaky or overactive bladder?
- Bladder infections?
- Sagging breasts, and loss of fullness?
- Lessened self image and attention to appearance?
- Sun damage more obvious, even glaring, on your chest, face, and shoulders?
- Increased back and joint pains?
- Recent injuries, particularly to wrists, shoulders, lower back, or knees?
- Loss of interest in exercise?
- Bone loss?
- Vaginal dryness, irritation, or loss of feeling?
- Lack of moisture everywhere (dry eyes, dry skin, dry clitoris)?
- Low libido?
- Painful sex?

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