

Day Six

HORMONE

ASSESSMENT

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Robin's Hormone Reset

Day 6 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...

- Excess hair on your face, chest, or arms?
- Acne?
- Greasy skin and/or hair?
- Thinning hair on your head?
- Areas of dark, velvety skin discoloration in body folds and creases?
- Skin tags, especially on your neck and upper body? (Small, flesh-colored growths on the skin surface, usually a few millimeters in size, and smooth. They are usually noncancerous and develop from friction, such as around bra straps. They do not change or grow over time.)
- Hyperglycemia or hypoglycemia and/or unstable blood sugar?
- Insulin resistance?
- Reactivity and/or irritability, or excessively aggressive?
- Depression? Anxiety?
- Menstrual cycles occurring more than every thirty-five days?
- Ovarian cysts?
- Mid Cycle pain?
- Infertility? Or sub-fertility?
- Polycystic ovary syndrome?

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