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## HORMONE ASSESSMENT - DAY 1

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DO YOU CURRENTLY EXPERIENCE ANY OF THE FOLLOWING:

### Part A

- Weight gain, especially around the middle
- Mood swings
- Abdominal bloating
- Cramping
- Irregular or heavy periods
- Aggression/rage/irritability
- Anxiety/nervousness
- Breast swelling and pain
- Food binges (salt/sweet)
- Headache/migraine
- Edema (water retention)
- Back pain
- Depression (withdrawal from others)
- Foggy brain/fuzzy thinking
- Breast swelling/tenderness
- Insomnia: trouble falling or staying asleep
- TMJ pain (pain in the jaw joint and muscles)
- Fibroids
- Cold hands and feet
- Thinning head hair
- Gallbladder issues
- Elevated blood pressure
- Decreased sex drive

**Your Total Score (total your "yeses"):** \_\_\_\_\_ (23 possible)