

**ESTROGEN**

**Signs & Symptoms**

**Never**

**Always**

		0	1	2	3	4	
1	I am losing my hair on top of my head	0	1	2	3	4	
2	I am getting thin, vertical wrinkles above my lips	0	1	2	3	4	
3	My breasts are droopy	0	1	2	3	4	
4	My face is too hairy	0	1	2	3	4	
5	My eyes are dry and easily irritated	0	1	2	3	4	
6	I have hot flashes	0	1	2	3	4	
7	I feel tired constantly	0	1	2	3	4	
8	I am depressed	0	1	2	3	4	
9	My menstrual flow is light (0-Moderate, 1-3-Low, 4-None)	0	1	2	3	4	
10	Woman with periods: My cycles are irregular too short <27days or too long >31 days	0	1	2	3	4	
11	Woman without periods: I do not feel like making love anymore	0	1	2	3	4	

Add up your overall Score \_\_\_\_: Overall total is 10 or less is satisfactory level. Between 11-20: Possible Estrogen deficiency: 21 or more Estrogen deficiency.

**PROGESTRONE**

**Signs & Symptoms**

**Never**

**Always**

1	My breast are large.	0	1	2	3	4	
2	My close friends complain I'm nervous and agitated.	0	1	2	3	4	
3	I feel anxious.	0	1	2	3	4	
4	I sleep hightly and restlessly.						
<b>The following questions are for women who have not yet reached menopause, and menopausal women who are taking hormones replacement therapy (estrogen &amp; Progestrone)</b>							
5	My breast are swollen and tender or painful before my period.	0	1	2	3	4	
6	And my lower belly is swollen.	0	1	2	3	4	
7	And I am irritable and aggressive.	0	1	2	3	4	
8	and I lose my self-control.	0	1	2	3	4	
9	I have heavy periods.	0	1	2	3	4	
10	And they are continously painful.	0	1	2	3	4	

**TESTOSTRONE**

**Signs & Symptoms  
(MEN AND WOMEN)**

**Never**

**Always**

1	My face has gotten slack and more wrinkles.	0	1	2	3	4	
2	I have lost muscle tone.	0	1	2	3	4	

3	My belly tends to get fat	0	1	2	3	4	
4	I am constantly tired.	0	1	2	3	4	
5	I fell like making love less often than I used to.	0	1	2	3	4	
<b>MEN ONLY</b>							
6	My breast are getting fatty	0	1	2	3	4	
7	I feel less self-confident and more hesitant	0	1	2	3	4	
8	my sexual performance is poorer than it used to be.	0	1	2	3	4	
9	I have hot flashes and sweats	0	1	2	3	4	
10	I tire easily with physical activity.	0	1	2	3	4	
Add up your overall Score: ____							
Women 5 or less = Satisfactory Between 5 and 10 Possible Testosterone deficiency. 11 or more Probable deficiency							
Men 10 or less Satisfactory Between 11-20 possible Testostrone deficiency.							

### GROWTH HORMONE

<b>Signs &amp; Symtoms</b>		<b>Never</b>				<b>Always</b>	
1	My hair is thinning.						
2	My cheeks sag.						

3	My gums are receding						
4	My abdomen is flabby/I've got a "spare tire"						
5	My muscles are slack.						
6	My skin is thin and/or dry.						
7	It's hard to recover after physical activity.						
8	I feel exhausted.						
9	I don't like the world. I tend to isolate myself.						
10	I feel continuously anxious and worried.						

Add up your overall Score: \_\_\_\_ Overall total is 10 or less is satisfactory level. Between 11-20 Possible Growth Hormone deficiency. 21 or more probable Growth Hormone deficiency.

**DHEA**

	<b>Signs &amp; Symptoms</b>	<b>Never</b>				<b>Always</b>	
1	My hair is dry.	0	1	2	3	4	
2	My skin and eyes are dry.	0	1	2	3	4	
3	My muscles are flabby.	0	1	2	3	4	
4	My belly is getting fat.	0	1	2	3	4	

5	I don't have much hair under my arm.	0	1	2	3	4		
6	I don't have much hair in the pubic area. /(0 =plenty of hair -4=hairless)	0	1	2	3	4		
7	I don't have much fatty tissue in the pubic area.(flat "around the Venus" in women)0padded//4 flat	0	1	2	3	4		
8	y body doesn't have much of a special scent during sexual arousal.	0	1	2	3	4		
9	I can't tolerate noise	0	1	2	3	4		
10	My libido is low.	0	1	2	3	4		
Add up your overall Score: ____ Overall total is 10 or less is satisfactory level. Between 11-20 Possible DHEA deficiency. 21 or more probable DHAE deficiency.								

### Thyroid

	Signs & Symptoms	Never				Always	
1	I'm sensitive to cold.	0	1	2	3	4	
2	My hands and feet are always cold.	0	1	2	3	4	
3	In the morning my face is puffy and my eyelids are swollen.	0	1	2	3	4	
4	I put on weight easily.	0	1	2	3	4	
5	I have dry skin.	0	1	2	3	4	
6	I have trouble getting up in the morning.	0	1	2	3	4	

7	I feel more tired at rest than when I am active.	0	1	2	3	4	
8	I am constipated.	0	1	2	3	4	
9	My joints are stiff in the morning.	0	1	2	3	4	
10	I feel like I am living in slow motion.	0	1	2	3	4	
<b>Add up your overall Score: ____ Overall total is 10 or less it is satisfactory level. Between 11-20 Possible Thyroid deficiency. 21 or more probable Thyrod deficiency.</b>							