Category 1: Basic Hormone Imbalance

Use each of the following checklists to determine your symptoms of hormone imbalance and to help you choose the appropriate hormone test profile.

Hot flashes	Mood swings (PMS)	Urinary incontinence	Night sweats
		<del></del>	Acne
			Depressed mood
			Headaches
Thinning skin	Uterine fibroids	hair	Bone loss
ategory 2: Adrenal Horm ark which of the following so	one Imbalance ymptoms are troublesome ar	nd/or persist over time.	
Achee and pains	Elevated triglygarides	Morning fatigue	Pono loss
			Bone loss Blood sugar imbalance
Sieep disturbances Infertility	Nervousness	<del></del>	Autoimmune illness
		Allergic conditions	Autoimmune iimess
Chronic illness	Evening fatigue	Susceptibility to infections	
Chronic illness	Evening fatigue	Susceptibility to infections	
ategory 3: Thyroid Hormo	one Imbalance ymptoms are troublesome ar	nd/or persist over time.	Depression
ategory 3: Thyroid Hormo	one Imbalance ymptoms are troublesome ar Anxiety	nd/or persist over time.  Brittle nails	Depression
Aches and pains Dry skin	one Imbalance ymptoms are troublesome ar Anxiety Cold hands and feet	nd/or persist over time.  Brittle nails Headaches	Infertility
Aches and pains Dry skin Fatigue	one Imbalance ymptoms are troublesome ar  Anxiety Cold hands and feet Foggy thinking	nd/or persist over time.  Brittle nails Headaches	Infertility Feeling cold all the tim
Aches and pains Dry skin Fatigue Heart palpitations	one Imbalance ymptoms are troublesome ar  Anxiety Cold hands and feet Foggy thinking Low libido	nd/or persist over time.  Brittle nails Headaches Weight gain	Infertility Feeling cold all the tim Sleep disturbances
Aches and pains Dry skin Fatigue Heart palpitations Constipation  Chronic illness  Attegory 3: Thyroid Hormo Aches and pains Dry skin Fatigue Heart palpitations Constipation	one Imbalance ymptoms are troublesome ar  Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair	nd/or persist over time.  Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities	Infertility Feeling cold all the time Sleep disturbances
Aches and pains Dry skin Fatigue Heart palpitations Constipation  Chronic illness  Attegory 3: Thyroid Hormo Aches and pains Dry skin Fatigue Heart palpitations Constipation	one Imbalance ymptoms are troublesome ar  Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair  Lic Risk ymptoms are troublesome ar	nd/or persist over time.  Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities	Infertility Feeling cold all the time Sleep disturbances Elevated cholesterol
Aches and pains Dry skin Fatigue Heart palpitations Constipation  ategory 4: Cardiometabolark which of the following sy	Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair  Lic Risk ymptoms are troublesome ar	Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities  md/or persist over time.	Infertility Feeling cold all the time Sleep disturbances Elevated cholesterol
Aches and pains Dry skin Fatigue Heart palpitations Constipation  ark which of the following sy	one Imbalance ymptoms are troublesome ar  Anxiety Cold hands and feet Foggy thinking Low libido Thinning hair  lic Risk ymptoms are troublesome ar	Brittle nails Headaches Weight gain Inability to lose weight Menstrual irregularities  md/or persist over time.  Heart disease or family his	Infertility Feeling cold all the time Sleep disturbances Elevated cholesterol  tory of heart disease of diabetes

If you checked symptoms in <u>All four categories</u>, the suggested test profiles are:

**GOOD:** Female Blood Profile I (Blood Spot) or Female/Male Saliva Profile I (Saliva)

**BEST:** Comprehensive Female Profile I or II (Saliva/Blood Spot) and CardioMetabolic Profile I (Blood)

If you checked symptoms <u>ONLY in Category 1</u>, the suggested test profiles are:

**GOOD:** Female Blood Profile I (Blood Spot) or Female/Male Saliva Profile I (Saliva)

BEST: Comprehensive Female Profile I or II (Saliva/Blood Spot)

If you checked symptoms <u>ONLY in Category 2</u>, the suggested test profiles are:

GOOD: Diurnal Cortisol (Saliva)

BEST: Comprehensive Female Profile I or II (Saliva/Blood Spot)

If you checked symptoms  $\underline{\text{ONLY in Category 3}},$  the suggested test profiles are:

**GOOD:** Complete Thyroid Profile (Blood Spot)

**BEST:** Comprehensive Female Profile I or II (Saliva/Blood Spot)

If you checked symptoms <u>ONLY in Category 4</u>, the suggested test profiles are:

GOOD: CardioMetabolic Profile I (Blood) plus Diurnal Cortisol

**BEST:** CardioMetabolic Profile I (Blood) plus Female/Male Saliva Profile III (Saliva)