

Symptoms Questionnaire

Print and circle all that apply

- Fatigue
- Weakness
- Weight gain or difficulty losing
- Coarse, dry hair and dry skin
- Hair loss
- Sensitivity to cold
- Muscle cramps and aches
- Long recovery period after any activity
- Cold hands and feet
- High or rising cholesterol
- Palpitations
- Hard stools
- Constipation
- No eyebrows or thinning
- Hair loss, breaks faster than it grows
- Requires naps in the afternoon
- Inability to concentrate or read
- Forgetfulness
- Foggy thinking
- Menstrual problems
- Allergies, including asthma, hives, rashes, sinus congestion
- Autoimmune disorders such as lupus
- Breast cancer
- Breast tenderness
- PMS
- Nausea
- Swelling/edema/puffiness
- Inability to get pregnant
- Acne
- Exhaustion in every dimension—physical, mental, spiritual, emotional
- Complete lack of motivation
- Extremely crabby, irritable, intolerant of others
- Lactose Intolerance
- Inability to eat in the mornings
- Joint pain
- No appetite
- Low body temperature
- Raised body temperature
- Headaches and Migraines
- irritable bowel syndrome
- painful bladder
- Extreme hunger, especially at night
- Gallbladder disease
- Hypoglycemia (low sugar)
- Insomnia
- Polycystic ovaries
- Thyroid problems

Circle all that apply

- Decreased sex drive
- Depression with anxiety or agitation
- Uterine fibroids
- My breasts are swollen and larger.
- I cannot put on my rings.
- I am more impatient now than ever.
- People tell me I am too bossy
- Lack of energy in the mornings, and also in the afternoon between 3 and 5 pm.
- Often feel tired between 9 and 10 pm, but resist going to bed.
- Lightheadedness (including dizziness and fainting) when rising from a sitting or lying-down position.
- Lowered blood pressure and blood sugar.
- Difficulty concentrating or remembering (brain fog).
- Consistently feeling unwell or difficulty recovering from infections.
- Craving either salty or sugary foods to keep going.
- Alternating constipation and diarrhea.
- Decreased sex drive.
- Unexplained pain in the upper back or neck.
- Increased symptoms of PMS– periods are heavy and then stop (or almost stop) on the 4th day, only to start flow again on the 5th or 6th day.
- High frequency of getting the flu and other respiratory diseases – plus a tendency for them to last longer than usual
- General exhaustion
- Fat gain, especially around the abdomen, hips and thighs
- Cold hands and feet
- Endometriosis
- I cannot fit into my shoes.
- I feel tired all the time.
- I miss my periods irregular
- I am getting cramps again