

First & Last Name \_\_\_\_\_

Date \_\_\_\_\_

Rate Each Statement:

Never Sometimes Regularly Often Constantly

0 1 2 3 4

Cortisol

DHEA

- 1. My face looks thinner. \_\_\_\_\_
- 2. My friends call me skinny. \_\_\_\_\_
- 3. I have eczema, psoriasis, urticaria ("nettle rash"), skin allergies, ,or other rashes. \_\_\_\_\_
- 4. My heart beats quickly. \_\_\_\_\_
- 5. My blood pressure is low. \_\_\_\_\_
- 6. I crave salt or sugar (to the extent of bingeing). \_\_\_\_\_
- 7. I have digestive problems. \_\_\_\_\_
- 8. I have allergies (hay fever, asthma, etc.). \_\_\_\_\_
- 9. I'm stressed out. \_\_\_\_\_
- 10. I'm easily confused. \_\_\_\_\_

- 1. My hair is dry. \_\_\_\_\_
- 2. My skin and eyes are dry. \_\_\_\_\_
- 3. My muscles are flabby. \_\_\_\_\_
- 4. My belly is getting fat. \_\_\_\_\_
- 5. I don't have much hair under my arm. (0=Plenty of hair/ 4=hairless) \_\_\_\_\_
- 6. I don't have much hair in the pubic area. \_\_\_\_\_
- 7. I don't have much fatty tissue in the pubic area. (i.e.: flat "mount of Venus" in women). (0=padded/ 4=flat) \_\_\_\_\_
- 8. My body doesn't have much of a special scent during sexual arousal. \_\_\_\_\_
- 9. I can't tolerate noise. \_\_\_\_\_
- 10. My libido is low. \_\_\_\_\_

Overall Total \_\_\_\_\_

Overall Total \_\_\_\_\_

Score:  
10 or less: Satisfactory level  
Between 11 and 20: Possible cortisol deficiency  
21 or more: Probable cortisol deficiency

Score:  
10 or less: Satisfactory level  
Between 11 and 20: Possible DHEA deficiency  
21 or more: Probable DHEA deficiency

Estrogen

Thyroid Hormone

- 1. I am losing hair on top of my head. \_\_\_\_\_
- 2. I'm getting thin, vertical wrinkles above my lips. \_\_\_\_\_
- 3. My breasts are droopy. \_\_\_\_\_
- 4. My face is too hairy. \_\_\_\_\_
- 5. My eyes are dry and easily irritated. \_\_\_\_\_
- 6. I have hot flashes. \_\_\_\_\_
- 7. I feel tired constantly. \_\_\_\_\_
- 8. I am depressed. \_\_\_\_\_
- 9. My menstrual flow is light (0=moderate/ 1-3=low/ 4=none) \_\_\_\_\_
- 10. Women *with* periods: My cycles are irregular: too short (<27 days), or too long (>31 days) \_\_\_\_\_

- 1. I'm sensitive to cold. \_\_\_\_\_
- 2. My hands and feet are always cold. \_\_\_\_\_
- 3. In the morning my face is puffy and my eyelids are swollen. \_\_\_\_\_
- 4. I put on weight easily. \_\_\_\_\_
- 5. I have dry skin. \_\_\_\_\_
- 6. I have trouble getting up in the morning. \_\_\_\_\_
- 7. I feel more tired at rest than when I am active. \_\_\_\_\_
- 8. I am constipated. \_\_\_\_\_
- 9. My joints are stiff in the morning. \_\_\_\_\_
- 10. I feel like I'm living in slow motion. \_\_\_\_\_

Overall Total \_\_\_\_\_

- 11. Women *without* periods: I do not feel like making love anymore. \_\_\_\_\_
- Overall Total \_\_\_\_\_

Score:  
10 or less: Satisfactory level  
Between 11 and 20: Possible thyroid hormone deficiency  
21 or more: Probable thyroid hormone deficiency

Score:  
10 or less: Satisfactory level  
Between 11 and 20: Possible estrogen deficiency

## Insulin

1. I crave sugar and sweet, and eat a lot of them. \_\_\_\_\_
- 2 I'm always thirsty. \_\_\_\_\_
3. I urinate a lot during the day as well as the night.. \_\_\_\_\_
4. I have difficulty healing. \_\_\_\_\_
5. My stomach and buttocks are skinny. \_\_\_\_\_

**Overall Total** \_\_\_\_\_

Score:

5 or less: Satisfactory level

Between 6 and 10: Possible insulin deficiency

11 or more: Probable insulin deficiency

## Testosterone

1. My face has gotten slack and more wrinkled. \_\_\_\_\_
2. I've lost muscle tone. \_\_\_\_\_
3. My belly tends to get fat. \_\_\_\_\_
4. I'm constantly tired. \_\_\_\_\_
5. I feel like making love less often than I used to. \_\_\_\_\_
6. My breasts are getting fatty. \_\_\_\_\_
7. I feel less self-confident and more hesitant. \_\_\_\_\_
8. My sexual performance is poorer than it used to be. \_\_\_\_\_
9. I have hot flashes and sweats. \_\_\_\_\_
10. I tire easily with physical activity. \_\_\_\_\_

**Overall Total** \_\_\_\_\_

Score for women:

5 or less: Satisfactory level

Between 6 and 10: Possible testosterone deficiency

11 or more: Probable testosterone deficiency

Score for men:

10 or less: Satisfactory level

Between 11 and 20: Possible testosterone deficiency

21 or more: Probable testosterone deficiency

## Progesterone

1. My breasts are large. \_\_\_\_\_
2. My close friends complain I'm nervous and agitated. \_\_\_\_\_
3. I feel anxious. \_\_\_\_\_
4. I sleep lightly and restlessly. \_\_\_\_\_

The following questions are for women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen and progesterone).

5. My breast are swollen and tender or painful before my period... \_\_\_\_\_
6. and my lower belly is swollen... \_\_\_\_\_
7. and I'm irritable and aggressive... \_\_\_\_\_
8. and I lose my self-control. \_\_\_\_\_
9. I have heavy periods... \_\_\_\_\_
10. and they are continuously painful. \_\_\_\_\_

**Overall Total** \_\_\_\_\_

Score:

Post-menopausal women *not* treated with hormone replacement therapy (estrogen or estrogen and progesterone):

4 or less: Satisfactory level

Between 5 and 8: Possible progesterone deficiency

9 or more: Probable progesterone deficiency

Menstrual women and menopausal women taking hormone replacement therapy (estrogen or estrogen and progesterone):

10 or less: Satisfactory level

Between 11 and 20: Possible progesterone deficiency

21 or more: Probable progesterone deficiency