CHECKLIST FOR SYMPTOMS OF HORMONE IMBALANCE

FOR MEN

NAME _____DATE_____

Basic Hormone Imbalance

Note which of the following symptoms are troublesome and/or persist over time.

___ Burned out feeling	___ Irritable	___ Insomnia	___ Decreased urine flow
___ Hot flashes	___ Erectile dysfunction	___ Increased urinary urge	___ Decreased stamina
___ Weight gain waist	___ Prostate problems	___ Infertility problems	___ Sleep disturbances
___ Decreased libido	___ Decreased mental	___ Oily skin	___ Decreased muscle mass
___ Night sweats	___ Sharpness	___ Apathy	

Number selected _____

Adrenal Hormone Imbalance

Note which of the following symptoms are troublesome and/or persist over time.

___ Aches and pains	____ Elevated triglercerides	___ Morning fatigue	___ Bone loss
___ Sleep disturbances	____ Depression	___ Anxiety	___ Blood sugar imbalance
___Infertility	____ Nervousness	___ Allergic conditions	___ Autoimmune illness
___ Chronic illness	___ Evening fatigue	___ Susceptibility to infections	

Number selected _____

Thyroid Hormone Imbalance

Note which of the following symptoms are troublesome and/or persist over time.

___ Constipation	___ Anxiety	____ Brittle nails	____ Depression
___ Dry skin	___ Cold hands and feet	___ Headaches	___ Infertility
___ Fatigue	___ Foggy thinking	___ Weight gain	___ Feeling cold all the time
___ Heart palpitations	___ Low libido	___ Inability to lose weight	___ Sleep disturbances
___ Thinning hair	___ Menstrual irregularities	___ Elevated cholesterol	___ Thinning eyebrows

Number selected _____