

HEALTH CHECK LIST WOMEN/MEN



Men's Review (Please review checklist below and indicate any you are experiencing)

Complaint	None	Mild	Moderate	Severe	
Decreased Urine Flow					Estrogen Dominance
Increased Urinary Urge					
Prostate Problems					
Weight Gain – Chest / Hips					
Weight Gain – Waist					Metabolic Syndrome / Low Androgens
Decreased Libido					
Decreased Erections					
Ringing in Ears					
High Cholesterol					
Elevated Triglycerides					
Hot Flashes					
Night Sweats					
Decreased Mental Sharpness					
Increased Forgetfulness					
Decreased Muscle Size					
Decreased Flexibility					
Sore Muscles					
Increased Joint Pain					
Neck or Back Pain					
Bone Loss					
Rapid Aging					
Thinning Skin					
Decreased Stamina					
Burned Out Feeling					
Infertility Problems					
Stress					Adrenals
Morning Fatigue					
Evening Fatigue					
Difficulty Sleeping					
Apathy					
Depressed					
Foggy Thinking					
Anxious					
Irritable					
Nervous					
Headaches					
Sugar Cravings					
Dizzy Spells					
Allergies					
Cold Body Temperature					Thyroid/ Other
Goiter					
Hoarseness					
Hair Dry or Brittle					
Nails Breaking or Brittle					
Constipation					
Slow Pulse Rate					
Rapid Heartbeat					
Heart Palpitations					

HEALTH CHECK LIST WOMEN/MEN



Women's Review (Please review the checklist below and indicate any you are experiencing)

Complaint	None	Mild	Moderate	Severe	
Hot Flashes					Low Estrogen
Night Sweats					
Vaginal Dryness					
Incontinence					
Irregular Periods					Estrogen Dominant
Uterine Fibroids					
Water Retention					
Tender Breasts					
Fibrocystic Breasts					
Increased Forgetfulness					
Foggy Thinking					
Tearful					
Depressed					
Mood Swings					
Stress					Adrenals
Morning Fatigue					
Evening Fatigue					
Difficulty Sleeping					
Decreased Stamina					
Anxious					
Irritable					
Nervous					
Ringing in Ears					
Fibromyalgia					
Allergies					
Headaches					
Sugar Cravings					
Dizzy Spells					
Cold Body Temperature					Thyroid
Goiter					
Hoarseness					
Hair Dry or Brittle					
Nails Breaking or Brittle					
Constipation					
Slow Pulse Rate					
Rapid Heartbeat					
Heart Palpitations					
Infertility Problems					
Acne					Metabolic Syndrome /High Androgen
Increased Facial/Body Hair					
Scalp Hair Loss					
Weight Gain-Hips					
Weight Gain-Waist					
High Cholesterol					
Elevated Triglycerides					Low Androgen / Other
Decreased Libido					
Decreased Muscle Size					
Thinning Skin					
Rapid Aging					
Aches & Pains					
Bone Loss					