

Category IX

- Cannot fall asleep
- Perspire easily
- Under high amounts of stress
- Weight gain when under stress
- Wake up tired even after 6 or more hours of sleep
- Excessive perspiration or perspiration with little or no activity

Category X

- Tired, sluggish
- Feel cold – hands, feet, all over
- Require excessive amounts of sleep to function properly
- Increase in weight gain even with low-calorie diet
- Gain weight easily
- Difficult, infrequent bowel movements
- Depression, lack of motivation
- Morning headaches that wear off as the day progresses
- Outer third of eyebrow thins
- Thinning of hair on scalp, face or genitals or excessive falling hair
- Dryness of skin and/or scalp
- Mental sluggishness

Category XI

- Heart palpitations
- Inward trembling
- Increased pulse even at rest
- Nervousness and emotional
- Insomnia
- Night sweats
- Difficulty gaining weight

Category XII

- Diminished sex drive
- Menstrual disorders of lack of menstruation
- Increased ability to eat sugars without symptoms

Category XIII

- Increased sex drive
- Tolerance to sugars reduced
- "Splitting" type headaches

Category XIV (Male Only)

- Urination difficulty or dribbling
- Urination frequent
- Pain inside of legs or heels
- Feeling of incomplete bowel evacuation
- Leg nervousness at night

Category XV (Males Only)

- Decrease in libido
- Decrease in spontaneous morning erections
- Decrease in fullness of erections
- Difficulty in maintain morning erections
- Spells of mental fatigue
- Inability to concentrate
- Episodes of depression
- Muscle soreness
- Decrease in physical stamina
- Unexplained weight gain
- Increase in fat distribution around chest and hips
- Sweating attacks
- More emotional then in the past

Category XVI (Menstruating Females Only)

- Are you a menopausal Yes No
- Alternating menstrual cycle lengths Yes No
- Extended menstrual cycle, greater than 32 days Yes No
- Shortened menses, less than every 24 days Yes No
- Pain and cramping during periods
- Scanty blood flow
- Heavy blood flow
- Breast pain and swelling during menses
- Pelvic pain during menses
- Irritable and depressed during menses
- Acne break outs
- Facial hair growth
- Hair loss/thinning

Category XVII (Menopausal Females only)

- How many years have you been menopausal? _____
- Do you ever have uterine bleeding since menopause? Yes No
- Hot flashes
- Mental fogginess
- Disinterest in sex
- Mood swings
- Depression
- Painful intercourse
- Shrinking breast
- Facial hair growth
- Acne
- Increased vaginal, pain, dryness or itching

PART III

- How many alcohol beverages they consume per week? _____
- How many caffeinated beverages do you consume per day? _____
- How many times do you eat out per week? _____
- How many times a week do you eat raw nuts or seeds? _____
- How many times a week do you eat fish? _____
- How many times a week do you workout? _____
- List the three worst foods you eat during the average week? _____, _____, _____
- List the three healthiest foods you eat during the average week? _____, _____, _____
- Do you smoke? _____ If yes, how many times a day _____, a week _____.
- Rate your stress levels on a scale of 1-10 during the average week. _____

Please list any medications you currently take and for what conditions:

Please list any natural supplements you currently take and for what conditions: