

## Women's Hormonal Questionnaire

Menopause is a profound modulation and transformation of metabolic and hormonal complexion. It is a process that requires 10 to 15 years to complete, just as puberty began at 13 and completed at 25. Because of the shift in metabolic and hormonal activity many underlying imbalances become exaggerated and create symptoms. This questionnaire helps to assess these basic levels of imbalance so that menopause maybe facilitated and more graceful.

**Instructions: 0=Never; 1= mild; 2=moderate; 3=severe**

### Increased Inflammation:

Body/Joint Aches/Backache	0	1	2	3	
Sigh frequently	0	1	2	3	
Acne Rosacea	0	1	2	3	Total for this section=

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### Hormonal Disruption:

Mood swings	0	1	2	3	
Anxiety/Nervousness	0	1	2	3	
Overly Reactive/Short fuse	0	1	2	3	
Depression	0	1	2	3	
Lowered self-esteem/self-image	0	1	2	3	
Sadness/Crying	0	1	2	3	
Difficulty Falling Asleep/ Difficulty Staying Asleep	0	1	2	3	
Constant hunger	0	1	2	3	
Sweet cravings (carbs/chocolate)	0	1	2	3	
Caffeine/Stimulant cravings	0	1	2	3	
Salt cravings	0	1	2	3	
Weight gain	0	1	2	3	
Hirsutism (abdominal, facial, or nipple hair)	0	1	2	3	
Lowered libido	0	1	2	3	
Hot flashes (Daytime)	0	1	2	3	
Vaginal dryness	0	1	2	3	
Painful intercourse	0	1	2	3	
Body/Head hair loss	0	1	2	3	Total for this section=

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### Deep Toxicity:

Fatigue	0	1	2	3	
Water Retention	0	1	2	3	
Dry Skin / Brown Spots (melasma)	0	1	2	3	
Night sweats	0	1	2	3	Total for this section=

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### Antioxidant Issues:

Foggy thinking	0	1	2	3	
Memory difficulties	0	1	2	3	
Do you find that circumstances are overwhelming?	0	1	2	3	
Do loud noises/music disturb you?	0	1	2	3	
Does the world intimidate you or scare you?	0	1	2	3	
Do you feel like running away?	0	1	2	3	Total for this section=

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### Overall Total=

5-20 mild; 21-40 moderate; 41 and above is severe