

HORMONE SYMPTOM CHECKLIST-MEN

IRIE NATURAL HEALTH CENTER



Feeling good the natural way

6625 S Rural Rd., #103, Tempe, Az85283

HORMONE SYMPTOM CHECKLIST-MALE

The following checklist can help identify symptoms of hormone imbalance. Please mark the signs and symptoms that are present, problematic or persist over time.

SEX HORMONE IBMALANCE

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Decreased muscle mass | <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Burned out feeling | <input type="checkbox"/> Decreased Stamina | <input type="checkbox"/> Increased urinary urge | <input type="checkbox"/> Oily skin |
| <input type="checkbox"/> Decreased erections | <input type="checkbox"/> Decreased urine flow | <input type="checkbox"/> Infertility problems | <input type="checkbox"/> Prostate problems |
| <input type="checkbox"/> Decreased libido | <input type="checkbox"/> Erectile dysfunction | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Sleep disturbances |
| <input type="checkbox"/> Decreased mental sharpness | | <input type="checkbox"/> Irritable | <input type="checkbox"/> Weight gain waist |

ADRENAL HORMONE IMBALANCE

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Aches and pains | <input type="checkbox"/> Autoimmune diseases | <input type="checkbox"/> Depression | <input type="checkbox"/> Sleep disturbances |
| <input type="checkbox"/> Afternoon/evening fatigue | <input type="checkbox"/> Bone loss | <input type="checkbox"/> Fibromyalgia' | <input type="checkbox"/> Susceptibility to infections |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Chronic health problems | <input type="checkbox"/> Low blood sugar | <input type="checkbox"/> Weight gain waist |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Decreased erection | <input type="checkbox"/> Lack of motivation | |
| | | <input type="checkbox"/> Morning fatigue | |
| | | <input type="checkbox"/> Prostate problems | |

THYROID HORMONE IMBALANCE

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> Brittle nails | <input type="checkbox"/> Elevated cholesterol | <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Low libido |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Infertility | <input type="checkbox"/> Sleep disturbances |
| <input type="checkbox"/> Decreased erections | <input type="checkbox"/> Feeling | <input type="checkbox"/> Inability to lose weight | |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Lack of motivation | |
| <input type="checkbox"/> Dry Skin | <input type="checkbox"/> Headaches | | |

METABOLIC IMBALANCE

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Diabetes (or family history) | <input type="checkbox"/> Heart disease/Stroke (or family history) | <input type="checkbox"/> Low libido/decreased sexual function | <input type="checkbox"/> Salt/sugar cravings |
| <input type="checkbox"/> Elevated cholesterol | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Low physical activity | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> High Blood Sugar | | <input type="checkbox"/> Thyroid disorder |
| | <input type="checkbox"/> Insulin resistance | | <input type="checkbox"/> Weight gain |

NEURTRANSMITTER IMBALANCE

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Autism spectrum disorder | <input type="checkbox"/> Difficulty sleeping | <input type="checkbox"/> Methylation deficits |
| <input type="checkbox"/> Addictive behaviors | <input type="checkbox"/> Depressed | <input type="checkbox"/> Eating disorder | <input type="checkbox"/> OCD |
| <input type="checkbox"/> Anxious/nervous | <input type="checkbox"/> Developmental delays | <input type="checkbox"/> Irritable | <input type="checkbox"/> Panic attacks |
| <input type="checkbox"/> Apathy | | <input type="checkbox"/> Mania | |