

Check one or more of the following symptoms that you may have:

- | | |
|---|--|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Cold hands and feet |
| <input type="checkbox"/> Always feeling hot | <input type="checkbox"/> Memory lapses |
| <input type="checkbox"/> Hair dry or brittle | <input type="checkbox"/> Mood changes |
| <input type="checkbox"/> Cannot lose weight | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Panic attacks | <input type="checkbox"/> Heart palpitations |
| <input type="checkbox"/> Decreased concentration | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Swelling/puff eyes and/or face | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Decreased sex drive |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Sleep disturbances |

If you checked two or more of these symptoms, you may have a thyroid condition.

Check one or more of the following symptoms that you may have:

- | | |
|---|---|
| <input type="checkbox"/> Food/sugar cravings | <input type="checkbox"/> Numbness in hands/feet |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Problems sleepin | <input type="checkbox"/> Increased urinary urge |
| <input type="checkbox"/> Elevated triglycerides | <input type="checkbox"/> Low blood sugar |

If you checked two or more of these symptoms, you may have insulin resistance

Check one or more of the following symptoms that you may have:

- | | |
|--|--|
| <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Cystic ovaries |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Water retention | <input type="checkbox"/> Depressed |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Heavy periods | <input type="checkbox"/> Mood swings |
| <input type="checkbox"/> Decreased sex drive | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Vaginal dryness | <input type="checkbox"/> Sugar cravings |
| <input type="checkbox"/> Uterine fibroids | <input type="checkbox"/> Tender breasts |
| <input type="checkbox"/> Tearful | <input type="checkbox"/> Cold body temperature |

If you checked two or more of these symptoms, you may have a deficiency in estrogen or progesterone

Check one or more of the following symptoms that you may have:

- | | |
|--|--|
| <input type="checkbox"/> Increased facial hair | <input type="checkbox"/> Decreased muscle mass |
| <input type="checkbox"/> Memory lapses | <input type="checkbox"/> Foggy thinking |
| <input type="checkbox"/> Decreased sex drive | <input type="checkbox"/> Oily skin |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Thinning skin |
| <input type="checkbox"/> Ovarian cysts | <input type="checkbox"/> Increased body hair |
| <input type="checkbox"/> Loss of scalp hair | <input type="checkbox"/> Heart palpitations |
| <input type="checkbox"/> Vaginal dryness | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Nervous | <input type="checkbox"/> Aches and pains |
| <input type="checkbox"/> Acne | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Fatigue |

If you checked two or more of these symptoms, you may have a deficiency in testosterone and DHEA

Check one or more of the following symptoms that you may have:

- | | |
|--|--|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Decreased muscle mass |
| <input type="checkbox"/> Increased facial | <input type="checkbox"/> Foggy thinking |
| <input type="checkbox"/> Decreased sex drive | <input type="checkbox"/> Oily skin |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Thinning skin |
| <input type="checkbox"/> Ovarian cysts | <input type="checkbox"/> Increased body hair |
| <input type="checkbox"/> Loss of scalp hair | <input type="checkbox"/> Heart palpitations |
| <input type="checkbox"/> Vaginal dryness | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Nervous | <input type="checkbox"/> Aches and pains |
| <input type="checkbox"/> Acne | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Fatigue |

If you checked two or more of these symptoms, you may have a adrenal fatigue/cortisol deficiency.