Natural Healing Centers

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**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Hormone Balance Symptom Survey Form

(Paraphrased from the book by Dr. John Lee, MD, *What Your Doctor May No Tell You About Menopause* and *What Your Doctor May Not Tell You About Premenopause,* as well as from various newsletters published by [www.johnleemd.com](http://www.johnleemd.com)*)*

# Find out if your symptoms are due to a hormonal imbalance.

1. Read carefully through the list of symptoms in each group, and put a check mark next to each symptom that you have. (If you check off the same symptom in more than one group, that's fine.)
2. Go back and count the check marks in each group. In any group where you have two or more symptoms checked off, there's a good chance that you have the hormone imbalance represented by that group.
3. The more symptoms you check off, the higher the likelihood that you have the hormone imbalance represented by that group. (Some people may have more than one type of hormonal imbalance.)

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| --- | --- | --- |
| HORMONE BALANCE TEST FOR MEN | | |
| SYMPTOM GROUP 1 | | |
| * Weight Loss | * Loss of Muscle | * Lower Sex Drive |
| * Fatigue | * Enlarged Breasts | * Lower Stamina |
| * Softer Erections | * Gallbladder Problems | |
| TOTAL BOXES CHECKED: |  | |
| If you have checked 2 or more boxes in this group, turn to the answers to find out what type of hormonal imbalance you may have | | |
|  | | |
| SYMPTOM GROUP 2 | | |
| * Hair Loss | * Prostate Enlargement | * Irritability |
| * Headaches | * Breast Enlargement | * Puffiness/Bloating |
| * Weight Gain |  | |
| TOTAL BOXES CHECKED: |  | |
| If you have checked 2 or more boxes in this group, turn to the answers to find out what type of hormonal imbalance you may have | | |
| **PLEASE NOTE:** The information contained in this Hormone Balance Test is not intended to replace a one-to-one relationship with a qualified health care professional, and is not intended as medical advice, but as guidelines for determining the underlying cause of your symptoms. You are encouraged to make your health care decisions in partnership with a qualified health care professional. | | |