

CATEGORY XI

- Cannot stay asleep **0 1 2 3**
- Crave salt **0 1 2 3**
- Slow starter in the morning **0 1 2 3**
- Afternoon fatigue **0 1 2 3**
- Dizziness when standing up quickly **0 1 2 3**
- Afternoon headaches **0 1 2 3**
- Headaches with exertion or stress **0 1 2 3**
- Weak nails **0 1 2 3**

CATEGORY XII

- Cannot fall asleep **0 1 2 3**
- Perspire easily **0 1 2 3**
- Under high amounts of stress **0 1 2 3**
- Weight gain when under stress **0 1 2 3**
- Wake up tired even after 6 or more hours of sleep **0 1 2 3**
- Excessive perspiration or perspiration with little or no activity **0 1 2 3**

CATEGORY XIII

- Edema and swelling in ankles and wrists **0 1 2 3**
- Muscle cramping **0 1 2 3**
- Poor muscle endurance **0 1 2 3**
- Frequent urination **0 1 2 3**
- Frequent thirst **0 1 2 3**
- Crave salt **0 1 2 3**
- Abnormal sweating from minimal activity **0 1 2 3**
- Alteration in bowel regularity **0 1 2 3**
- Inability to hold breath for long periods **0 1 2 3**
- Shallow rapid breathing **0 1 2 3**

CATEGORY XIV

- Tired / Sluggish **0 1 2 3**
- Feet cold-hands, feet all over **0 1 2 3**
- Require excessive amount of sleep to function properly **0 1 2 3**
- Increase in weight even with low calorie diet **0 1 2 3**
- Gain weight easily **0 1 2 3**
- Difficult infrequent bowel movements **0 1 2 3**
- Depression / lack of motivation **0 1 2 3**
- Morning headaches that wear off as the day progresses **0 1 2 3**
- Outer third of eyebrow thins **0 1 2 3**
- Thinning of hair on scalp, face or genitals, or excessive hair loss **0 1 2 3**
- Dryness of skin and / or scalp **0 1 2 3**
- Mental sluggishness **0 1 2 3**

CATEGORY XV

- Heart palpitations **0 1 2 3**
- Inward trembling **0 1 2 3**
- Increased pulse even at rest **0 1 2 3**
- Nervous and emotional **0 1 2 3**
- Insomnia **0 1 2 3**
- Night sweats **0 1 2 3**
- Difficulty gaining weight **0 1 2 3**

CATEGORY XVI

- Diminished sex drive **0 1 2 3**
- Menstrual disorders or lack of menstration **0 1 2 3**
- Increased ability to eat sugars without symptoms **0 1 2 3**

CATEGORY XVII

- Increased sex drive **0 1 2 3**
- Tolerance to sugars reduced **0 1 2 3**
- Splitting type headaches **0 1 2 3**

CATEGORY XVIII (Males Only)

- Urination difficulty or dribbling **0 1 2 3**
- Frequent urination **0 1 2 3**
- Pain inside of legs on heels **0 1 2 3**
- Feeling of incomplete bowel emptying **0 1 2 3**
- Leg twitching at night **0 1 2 3**

CATEGORY XIX (Males Only)

- Decreased libido **0 1 2 3**
- Decreased number of spontaneous morning erections **0 1 2 3**
- Decreased fullness of erections **0 1 2 3**
- Difficulty maintaining morning erections **0 1 2 3**
- Spells of mental fatigue **0 1 2 3**
- Inability to concentrate **0 1 2 3**
- Episodes of depression **0 1 2 3**
- Muscle soreness **0 1 2 3**
- Decreased physical stamina **0 1 2 3**
- Unexplained weight gain **0 1 2 3**
- Increase in fat distribution around chest and hips **0 1 2 3**
- Sweating attacks **0 1 2 3**
- More emotional than in the past **0 1 2 3**

CATEGORY XX (Females Only)

- | | | |
|---|----------------|-----------|
| Perimenopausal | Yes | No |
| Alternating menstrual cycle lengths | Yes | No |
| Extended menstrual cycle (greater than 32 days) | Yes | No |
| Shortened menstrual cycle (less than 24 days) | Yes | No |
| Pain and cramping during periods | 0 1 2 3 | |
| Scanty blood flow | 0 1 2 3 | |
| Heavy blood flow | 0 1 2 3 | |
| Breast pain during menses | 0 1 2 3 | |
| Pelvic pain during menses | 0 1 2 3 | |
| Irritable and depressed during menses | 0 1 2 3 | |
| Acne | 0 1 2 3 | |
| Facial hair growth | 0 1 2 3 | |
| Hair loss / thinning | 0 1 2 3 | |

CATEGORY XX (Menopausal Females Only)

- | | | |
|---|----------------|----------------------------|
| How many years have you been menopausal? | | <u> </u> Years |
| Since Menopause, do you ever have uterine bleeding? | Yes | No |
| Hot flashes | 0 1 2 3 | |
| Mental fogginess | 0 1 2 3 | |
| Disinterest in sex | 0 1 2 3 | |
| Mood swings | 0 1 2 3 | |
| Depression | 0 1 2 3 | |
| Painful intercourse | 0 1 2 3 | |
| Shrinking breasts | 0 1 2 3 | |
| Facial hair growth | 0 1 2 3 | |
| Acne | 0 1 2 3 | |
| Increased vaginal pain, dryness, an itching | 0 1 2 3 | |
| Hair loss / thinning | 0 1 2 3 | |

PART III

- How many alcoholic beverages do you consume a week? _____ Rate your stress level on a scale of 1 to 10 during the average week: _____
- How many caffeinated beverages do you consume a day? _____ How many times do you eat fish per week? _____
- How many times do you eat out per week? _____ How many times do you workout per week? _____
- How many times do you eat raw nuts or seeds per week? _____
- List the 3 worst foods you eat during the average week? _____
- List the 3 healthiest foods you eat during the average week? _____

PART IV

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

PART IV (continued)

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