The following checklists created by Natasha Turner, N.D. will help identify hormone imbalances quickly. Your profile results from these checklists will be extremely valuable in determining if hormone imbalances are causing weight gain & other health issues. Please check off any symptoms you are experiencing & email or bring in your results to your next appointment.

Please call or email Conception Wellness to schedule an appointment to review your results and set up your hormone health program.

*Check off all that apply to you and total your scores in each group*

### HEALTH ISSUES - INFL

- Sagging, thinning skin or wrinkling
- Spider veins or varicose veins
- Cellulite
- Eczema, skin rashes, hives, or acne
- Menopause (women); andropause (men)
- Heart disease
- Prostate enlargement or prostatitis
- High cholesterol or blood pressure
- Loss of muscle tone in arms and legs; difficulty building or maintaining muscle
- Aches and pains
- Arthritis, bursitis, tendonitis, or joint stiffness
- Water retention in hands or feet
- Gout
- Alzheimer’s disease
- Parkinson’s disease
- Depression
Night eating syndrome (waking at night to binge eat)
Fibromyalgia
Increased pain or poor pain tolerance
Headaches or migranes
High alcohol consumption
Bronchitis, allergies (food or environmental), hives, or asthma have worsened or developed
Autoimmune disease
Fat gain around “love handles” or abdomen
Loss of bone density or osteoporosis
Generalized overweight / weight gain / obesity
Fatty liver (diagnosed by your doctor)
Diabetes (type 2)
Sleep disruptions or deprivation
Irritable bowel or inflammatory bowel disease
Frequent gas and bloating
Constipation, diarrhea, or nausea

TOTAL (Warning score > 11)

HORMONE IMBALANCE 1 - XINS
Age spots and wrinkling
Sagging skin
Cellulite
Skin tags
Acanthosis nigricans (a skin condition characterized by light brown to black patches or markings on the neck or underarm)
Abnormal hair growth on face or chin (women)
Vision changes or cataracts
Infertility or irregular menses
Shrinking or sagging breasts
Menopause (women); andropause or erectile dysfunction (men)
Heart disease
High cholesterol, high triglycerides, or high blood pressure
Burning feet at night (especially while in bed) Water retention in the face/puffiness
Gout
Poor memory, concentration, or Alzheimer’s disease
Fat gain around “love handles” and/or abdomen
Fat over triceps
Generalized overweight / weight gain / obesity
Hypoglycemia; cravings for sweets, carbohydrates or constant hunger or increased appetite
Fatigue after eating (especially carbohydrates)
Fatty liver (diagnosed by your doctor)
Diabetes (type 2)
Sleep disruption or deprivation
TOTAL (Warning score > 9)

HORMONE IMBALANCE 2 - LDOP
Fatigue, especially in the morning
Poor tolerance for exercise
Restless leg syndrome
Poor memory
Parkinson’s disease
Depression
Loss of libido
Feeling a strong need for stimulation or excitement (foods, gambling, partying, sex, etc.)
Addictive eating or binge eating
Cravings for sweets, carbohydrates, junk food, or fast food
TOTAL (Warning score > 4)

HORMONE IMBALANCE 3 - LSER
PMS characterized by hypoglycemia, sugar cravings, sweet cravings, and for depression

Feeling wired at night

Lack of sweating

Poor memory

Loss of libido

Depression, anxiety, irritability, or seasonal affective disorder

Loss of motivation or competitive edge

Low self-esteem

Inability to make decisions

Obsessive-compulsive disorder

Bulimia or binge eating

Fibromyalgia

Increased pain or poor pain tolerance

Headaches or migraines

Cravings for sweets or carbohydrates

Constant hunger or increased appetite

Inability to sleep in, no matter how late going to bed

Less than 7.5 hours of sleep per night

Irritable bowel

Constipation

Nausea

Use of corticosteroids

**TOTAL** (Warning score > 7)
**HORMONE IMBALANCE 4 - LGAB**

PMS characterized by breast tenderness, water retention, bloating, anxiety, sleep disruptions or headaches

- Feeling wired at night
- Aches and pains or increased muscle tension
- Irritability, tension or anxiety
- Difficulty falling asleep or staying asleep
- Less than 7-5 hours of sleep per night
- Irritable bowel
- Frequent gas and bloating

**TOTAL** (Warning score > 3)

**HORMONE IMBALANCE 5 - XCOR**

Wrinkling, thinning skin or skin that has lost its fullness

- Hair loss
- Infertility or absent menses (unrelated to menopause)
- Feeling wired at night
- Heart palpitations
- Loss of muscle tone in arms and legs
- Cold hands or feet
- Water retention in face/puffiness
- Poor memory or concentration
- Loss of libido
- Depression, anxiety, irritability, or seasonal affective disorder
- High alcohol consumption
- Frequent colds and flus
- Hives, bronchitis, allergies (food or environmental), asthma, or autoimmune disease
- Fat gain around “love handles” or abdomen
- A “buffalo hump” of fat on back of neck/upper back
- Difficulty building or maintaining muscle
- Loss of bone density or osteoporosis
Cravings for sweets or carbs, hypoglycemia, or constant hunger
Difficulty falling asleep
Difficulty staying asleep (especially waking between 2 and 4 am)
Less than 7.5 hours of sleep per night
Irritable bowel or frequent gas and bloating
Use of corticosteroids

**TOTAL** (Warning score > 8)

**HORMONE IMBALANCE 6 - LDHE**

Dry skin
Heart disease
Erectile dysfunction
Andropause
Feeling wired at night
Poor tolerance for exercise
Loss of muscle tone in arms and legs
Poor memory or concentration
Irritability or easily agitated
Loss of libido
Depression
Loss of motivation or competitive edge
Autoimmune disease
Fat gain around “love handles”
Fat gain over triceps
Fat gain around abdomen
Difficulty building or maintaining muscle

**TOTAL** (Warning score > 6)
<table>
<thead>
<tr>
<th><strong>HORMONE IMBALANCE 7 - XEST</strong></th>
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</thead>
<tbody>
<tr>
<td>Spider or varicose veins</td>
</tr>
<tr>
<td>Cellulite</td>
</tr>
<tr>
<td>Heavy menstrual bleeding</td>
</tr>
<tr>
<td>PMS characterized by breast tenderness, water retention, bloating, swelling and for weight gain</td>
</tr>
<tr>
<td>Fibrocystic breast disease</td>
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<tr>
<td>Prostate enlargement</td>
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<tr>
<td>Erectile dysfunction</td>
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<tr>
<td>Breast growth (men)</td>
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<tr>
<td>Loss of morning erection</td>
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<tr>
<td>Irritability, mood swings, or anxiety</td>
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<tr>
<td>Headaches or migraines (especially in women before their menses)</td>
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<tr>
<td>High alcohol consumption (&gt; 4 drinks per week for women and &gt; 7 drinks per week for men)</td>
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<tr>
<td>Autoimmune disease or allergies</td>
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<tr>
<td>Fat gain around “love handles” or abdomen (men)</td>
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<tr>
<td>Fat gain at hips (women)</td>
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<tr>
<td>Current use of hormone replacement therapy or birth control pills</td>
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</tbody>
</table>

**TOTAL** (Warning score > 6)

<table>
<thead>
<tr>
<th><strong>HORMONE IMBALANCE 8 - LEST</strong></th>
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</thead>
<tbody>
<tr>
<td>Dry or sagging skin</td>
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<tr>
<td>Thinning skin or skin has lost its fullness</td>
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<tr>
<td>Hair loss</td>
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<tr>
<td>Dry eyes or cataracts (women)</td>
</tr>
<tr>
<td>PMS characterized by depression, hypoglycemia, sugar cravings, and/or sweet cravings</td>
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<tr>
<td>Infertility or absent menses (not related to menopause) Painful intercourse and for vaginal dryness</td>
</tr>
<tr>
<td>Shrinking or sagging breasts</td>
</tr>
<tr>
<td>Urinary incontinence (stress or otherwise)</td>
</tr>
<tr>
<td>Menopause</td>
</tr>
</tbody>
</table>
Fatigue
Hot flashes
Poor memory or concentration
Irritability
Loss of libido
Depression or mood swings
Headaches or migraines
Fat gain around “love handles” or abdomen (menopausal women)
Loss of bone density or osteoporosis
Difficulty falling or staying asleep
TOTAL (Warning score > 8)

HORMONE IMBALANCE 9 - LPRO
Dry skin or skin that has lost its fullness
Spider or varicose veins
Hair loss
Short menstrual cycle (< 28 days) or excessively long bleeding times (< 6 days)
PMS characterized by breast tenderness, anxiety, sleep disruptions, headaches, menstrual spotting, water retention, bloating, and for weight gain
Infertility or absent menses (not related to menopause)
Fibrocystic breast disease
Menopause (women); andropause (men)
Prostate enlargement
Hot flashes
Lack of sweating
Feeling cold and for cold hands or feet
Heart palpitations
Water retention
Irritability
Loss of libido
Headaches or migraines
Autoimmune disease, hives, asthma, or allergies
Loss of bone density or osteoporosis
Difficulty falling or staying asleep
TOTAL (Warning score > 6)

HORMONE IMBALANCE 10 - XPRO
Acne
PMS characterized by depression
Infertility
Water retention
Depression
Frequent colds and flus
Weight gain or difficulty losing weight
Current use of hormone replacement therapy or birth control pills
TOTAL (Warning score > 4)

HORMONE IMBALANCE 11 - LTES
Dry skin
Thinning skin or skin has lost its fullness
Painful intercourse
Heart disease (men)
Erectile dysfunction
Andropause (men)
Loss of morning erection
Fatigue
Poor tolerance for exercise
Loss of muscle tone in arms and legs
Poor memory or concentration
Loss of libido
Depression or anxiety
Loss of motivation or competitive edge
Headaches or migraines (men)
Fat gain around “love handles” or abdomen (men and women)
Difficulty building or maintaining muscle
Loss of bone density or osteoporosis (men and women)
Sleep apnea (men)
Use of corticosteroids
TOTAL (Warning score > 7)

**HORMONE IMBALANCE 12 - XTES**

Acne
Acanthosis nigricans (women)
Hair loss (scalp)
Abnormal hair growth on face (women)
Infertility
Shrinking or sagging breasts
Prostate enlargement
Irritability, aggression or easily agitated
Fat gain around abdomen (women)
Cravings for sweets or carbohydrates (women)
Constant hunger or increased appetite (women)
Fatty liver (women)
TOTAL (Warning score > 4)
HORMONE IMBALANCE 13 - LTHY

Dry skin and for hair
Acne
Hair loss
Brittle hair and/or nails
PMS, infertility, long menstrual cycle (> 30 days) or irregular periods
Abnormal lactation
Fatigue
Lack of sweating, feeling cold or cold hands and feet
High cholesterol
Poor tolerance for exercise
Heart palpitations
Outer edge of eyebrows thinning
Aches and pains
Water retention / puffiness in hands or feet
Poor memory
Loss of libido
Depression
Loss of motivation or competitive edge
Iron deficiency anemia
Hives
Generalized overweight / weight gain / obesity
Constipation
Use of corticosteroids
Current use of synthetic hormone replacement therapy or birth control pills

TOTAL (Warning score > 8)
**HORMONE IMBALANCE 14 - LACT**

- Poor tolerance for exercise
- Loss of muscle tone in arms and legs or poor muscle function / strength
- Poor memory or concentration, decrease in memory or recall
- Alzheimer’s disease
- Difficulty building or maintaining muscle
- Difficulty falling asleep or staying asleep, disrupted sleep patterns
- Irritable bowel
- Constipation

**TOTAL** (Warning score > 3)

**HORMONE IMBALANCE 15 - LMEL**

- Andropause (men); menopause (women)
- Night eating syndrome (waking at night to binge eat)
- High alcohol consumption
- Cravings for sweets or carbohydrates; increased appetite
- Difficulty falling asleep
- Failing to sleep in total darkness
- Difficulty staying asleep (especially waking between 2 and 4 a.m.)
- Sleep apnea
- Less than 7-5 hours of sleep per night
- Use of corticosteroids

**TOTAL** (Warning score > 3)

**HORMONE IMBALANCE 16 - LGH**

- Dry skin
- Thinning skin or skin has lost its fullness
- Sagging skin
- Menopause (women); andropause (men)
- Lack of exercise
Loss of muscle tone in arms or legs
High alcohol consumption
Fat gain around “love handles” or abdomen
Difficulty building or maintaining muscle
Loss of bone density or osteoporosis
Generalized overweight / weight gain / obesity
Failing to sleep in total darkness
Difficulty staying asleep (especially waking between 2 and 4 a.m.)
Sleep apnea
Use of corticosteroids

TOTAL (Warning score > 5)