



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

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Hormone Balance Pretest

Name: _____	Date: _____ DoB: _____
Address: _____	Phone: _____
_____	E-Mail: _____

Rate the following symptoms from 0-3:

0 = no experience

1 = slight or occasional experience

2 = moderate or common experience

3 = severe or frequent experience

Symptoms	0	1	2	3	
A – Estrogen Deficiency					A Totals
Hot Flashes					
Night Sweats					
Vaginal Dryness					
Increased Forgetfulness					
Foggy Thinking					
Tearfulness					
Mood Swings					
A Totals					

B – Estrogen Dominance with Progesterone Deficiency					B Totals
Tender Breasts					
Menstrual Bleeding Changes					
Uterine Fibroids or Ovarian Cysts					
Water Retention or Bloating					
Depression					
Anxiety					
Moodiness					
B Totals					



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Symptoms	0	1	2	3	
C – High Blood Sugar with Insulin Resistance					C Totals
Acne					
Unwanted Hair Growth					
Scalp Hair Loss					
Increased Sweating					
Short Tempered					
High Blood Sugar					
Weight Gain Around Middle					
C Totals					

D – Adrenal Fatigue					D Totals
Morning Fatigue					
Stress					
Difficulty Sleeping					
Diminishing Stamina					
Irritability					
Extreme Alarm / Startle Response					
Sugar Cravings					
Cold Hands and Feet					
Frequent Low-Level Headaches and Slight Feeling of Nausea					
D Totals					

E – Low Metabolism and Subclinical Hypothyroidism					E Totals
Dizzy Spells					
High Cholesterol					
Constipation					
Brittle and Breaking Nails					
Dry Skin					
Hair Dryness, Breakage, Loss					
Swelling of Eyes and Face					
E Totals					



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Symptoms	0	1	2	3	F Totals
F – Testosterone Deficiency					
Decreased Sweating					
Decreased Libido					
Allergy					
Decreased Muscle Size and Strength					
Aches and Pains					
Bone Loss					
F Totals					

G – Human Growth Hormone Deficiency					G Totals
Fibromyalgia					
Rapid Aging					
Thinning Skin					
Hearing Loss					
Fatigue					
Joint and Muscle Pain					
Overall Lack of Vitality					
G Totals					

<u>Totals</u>					
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