

## Male and Female Hormone Symptom Questions

### Adrenal imbalance chart

Tick the following signs and symptoms experienced within the past 3 months.

#### Cortisol & DHEA-S

- Fatigue
- Weight gain (on the waist)
- Decreased muscle mass
- Stress
- Depression
- Heart palpitations
- High blood pressure
- Headaches & migraines
- Sugar cravings or binging
- Allergies
- Oedema
- Chemical sensitivity
- Cold body Temperature
- Premenstrual tension
- Thinning skin
- Poor wound healing


- Insomnia
- Low libido
- Elevated blood triglycerides
- Sleep disturbances
- Osteoporosis
- Irritability
- Increased joint pain
- Anxiety
- Impotence
- Aches and pains
- Memory lapses
- Acne
- Male pattern baldness
- Hair loss
- Increased body hair
- Increased facial hair


Do you have enough energy to get angry?

Do you add salt to everything and or even crave salt and salty foods?