



### Hormonal Questionnaire

Please print out and circle which symptoms you have with a scale of 3 as severe or most and 0 as none.

#### DHEA

1. Sparse axillary hair (under arms)? 0 1 2 3
2. Thin and sparse pubic hair? 0 1 2 3
3. Fatty lower abdomen? 0 1 2 3
4. Frequent illness? 0 1 2 3
5. Lack of sexual interest/desire? 0 1 2 3
6. General Ill-being? 0 1 2 3

TOTAL

#### Pregnenolone

1. Joint stiffness? 0 1 2 3
2. Poor memory (short/long term)? 0 1 2 3
3. Back pain? 0 1 2 3

4. Joint problems? 0 1 2 3
5. Headaches? 0 1 2 3
6. Hearing loss, ringing in ears? 0 1 2 3

TOTAL

Testosterone:Estrogen Ratio

Fitness

1. Poor flexibility? 0 1 2 3
2. Low tolerance to any exercise? 0 1 2 3
3. Poor muscle tone in arms? 0 1 2 3
4. Poor muscle tone in legs? 0 1 2 3
5. Loss of muscle strength? 0 1 2 3

Body Fat

6. Excess fat on breasts? 0 1 2 3
7. Fat on belly? 0 1 2 3
8. Fat on hips and buttocks? 0 1 2 3
9. Cellulite (thighs/buttocks)? 0 1 2 3

General Health

10. Sunburn easily? 0 1 2 3

11. Varicose veins? 0 1 2 3
12. Bruise easily? 0 1 2 3
13. Slow wound healing response? 0 1 2 3
14. Difficulty urinating? 0 1 2 3
15. Dry eyes? 0 1 2 3
16. Dry mouth? 0 1 2 3
17. Pale appearance to skin? 0 1 2 3
18. Skin acne and/or boils? 0 1 2 3
19. Wrinkles on forehead? 0 1 2 3
20. Wrinkles around eyes? 0 1 2 3
21. Gums bleed easily? 0 1 2 3

#### Emotions/Mental

22. Loss of drive /motivation? 0 1 2 3
23. Poor self image? 0 1 2 3
24. Depression? 0 1 2 3
25. Overly sensitive/emotional? 0 1 2 3
26. Poor Memory? 0 1 2 3
27. Poor concentration? 0 1 2 3

#### Sexuality

28. Difficulty achieving orgasm? 0 1 2 3

29. Unsatisfactory orgasm intensity? 0 1 2 3

30. Difficulty becoming sexually aroused? 0 1 2 3

31. Lack of interest in sex? 0 1 2 3

Never/None Sometimes/Moderate Often/ Excessive Always/Severe

0 1 2 3

32. Hard to achieve satisfying orgasms? 0 1 2 3

33. Inability to achieve vaginal

lubrication?

34. Long periods of abstinence? 0 1 2 3

35. How much lower is your sex drive 0 1 2 3

now than when you were 20?

Male – Testosterone

1. Weak erections? 0 1 2 3

2. Lowered frequency of erections? 0 1 2 3

3. Lowered frequency of early morning                      0 1 2 3  
erections?

4. Graying hair? 0 1 2 3

5. Hair loss on upper scalp? 0 1 2 3

6. Irritable? 0 1 2 3

7. Poor beard growth? 0 1 2 3

8. Hearing loss? 0 1 2 3

- 9. Sparse hair on chest? 0 1 2 3
- 10. Sparse hair on abdomen? 0 1 2 3
- 11. Sparse hair on Legs? 0 1 2 3
- 12. Shortness of breath? 0 1 2 3

TOTAL

#### Female – Estrogen

- 1. Periods are irregular & painful? 0 1 2 3
- 2. Periods have stopped (menopausal)? 0 1 2 3
- 3. Lethargy, fatigue, memory loss? 0 1 2 3
- 4. Vaginal dryness? 0 1 2 3
- 5. Pain during intercourse? 0 1 2 3
- 6. Excess body hair? 0 1 2 3
- 7. Small breasts? 0 1 2 3
- 8. Drooping, limp breasts? 0 1 2 3
- 9. Bladder infections? 0 1 2 3
- 10. Urinary incontinence? 0 1 2 3
- 11. Hot flushes? 0 1 2 3
- 12. Night Sweats? 0 1 2 3
- 13. Loss of libido? 0 1 2 3
- 14. Tension, irritability, anxiety? 0 1 2 3
- 15. Headache? 0 1 2 3

16. Joint pains and/or stiffness? 0 1 2 3

17. Weight gain? 0 1 2 3

18. Thinning hair? 0 1 2 3

19. Ageing wrinkled skin? 0 1 2 3

20. Wrinkles above lip? 0 1 2 3

TOTAL

Thyroid

1. Extra sensitive to cold, during winter? 0 1 2 3

2. Cold hands and/or feet? 0 1 2 3

3. Poor circulation? 0 1 2 3

4. Tired? 0 1 2 3

5. Tired when waking in morning? 0 1 2 3

6. Tired at rest when not moving? 0 1 2 3

7. Reduced vitality? 0 1 2 3

8. Lack of energy? 0 1 2 3

9. Sleepy during day? 0 1 2 3

10. Slow movements & reaction time? 0 1 2 3

11. Distracted? 0 1 2 3

12. Depressed? 0 1 2 3

13. Headaches? 0 1 2 3

14. Poor memory? 0 1 2 3

15. Poor concentration? 0 1 2 3

16. Nervous? 0 1 2 3
17. Irritable? 0 1 2 3
18. Swollen eyelids or a puffy face? 0 1 2 3
19. Swollen hands or feet? 0 1 2 3
20. Tendency to gain weight? 0 1 2 3
21. Poor appetite? 0 1 2 3
22. Always hungry? 0 1 2 3
23. Frequent Constipation? 0 1 2 3
24. Intolerance to fatty foods? 0 1 2 3
25. Bedwetting as a child? 0 1 2 3
26. Nose bleeds? 0 1 2 3
27. Slow heart palpitations? 0 1 2 3
28. Muscle cramps at night in limbs 0 1 2 3  
(Feet, calves, hands)?
29. Aching wrists or carpal tunnel 0 1 2 3  
syndrome?
30. Stiff joints in the morning? 0 1 2 3
31. Joint pain worse during cold 0 1 2 3  
and/or wet weather?
32. Hoarse voice in morning? 0 1 2 3
33. Ear tingling and/or deafness? 0 1 2 3
34. Sore throat often? 0 1 2 3
35. Bronchitis? 0 1 2 3

- 36. Dry skin (face, elbows, legs)? 0 1 2 3
- 37. Lack of perspiration during physical activity? 0 1 2 3
- 38. Finger nails- brittle/slow to grow? 0 1 2 3
- 39. Slow hair growth? 0 1 2 3
- 40. Rarely thirsty? 0 1 2 3

#### TOTAL

#### Growth Hormone

- 1. Thinning hair? 0 1 2 3
- 2. Thin skin? 0 1 2 3
- 3. Deep wrinkled face? 0 1 2 3
- 4. Thin Lips? 0 1 2 3
- 5. Sagging cheeks? 0 1 2 3
- 6. Loose skin under chin? 0 1 2 3
- 7. Bags under eyes? 0 1 2 3
- 8. Ridges in your nails? 0 1 2 3
- 9. Receding gums? 0 1 2 3
- 10. Sagging skin under arm? 0 1 2 3
- 11. Flabby drooping belly? 0 1 2 3
- 12. Sagging body? 0 1 2 3
- 13. Increased body fat? 0 1 2 3

14. Wrinkled hands? 0 1 2 3
15. Sagging buttocks? 0 1 2 3
16. Cellulite? 0 1 2 3
17. Flabby inside thighs? 0 1 2 3
18. Fat cushions above the knee? 0 1 2 3
19. Frequent infections? 0 1 2 3
20. Frequent colds or flu? 0 1 2 3
21. Decreased muscle strength? 0 1 2 3
22. Decreased muscle mass? 0 1 2 3
23. Do you get tired easily? 0 1 2 3
24. Constantly tired? 0 1 2 3
25. Difficulty recovering after a late night? 0 1 2 3
26. Difficulty staying up past 12pm? 0 1 2 3
27. Need for a lot of sleep? 0 1 2 3
28. Low resistance to stress? 0 1 2 3
29. Feel unable to cope with stress? 0 1 2 3
30. Unassertive, complacent, meek? 0 1 2 3
31. Too emotional? 0 1 2 3
32. Loss of self-control? 0 1 2 3
33. Unexplained mood swings? 0 1 2 3
34. Low self esteem? 0 1 2 3
35. Anxious? 0 1 2 3

- 36. Depression? 0 1 2 3
- 37. Intolerance to cold? 0 1 2 3
- 38. Feel isolated, prefer to stay in? 0 1 2 3
- 39. Sharp voice? 0 1 2 3
- 40. Losing temper, screaming easily? 0 1 2 3
- 41. Decrease in sex drive &/or libido? 0 1 2 3
- 42. Weaker erections or a decrease  
in vaginal lubrication?

TOTAL

#### Cortisol

- 1. Shortness of breath? 0 1 2 3
- 2. Allergic reactions, sneezing, runny  
nose, sore throat? 0 1 2 3
- 3. Do you feel the need to nap or rest  
for long periods of time? 0 1 2 3
- 4. Low resistance to stress? 0 1 2 3
- 5. Dizzy when standing up? 0 1 2 3
- 6. Low blood pressure? 0 1 2 3
- 7. Fast beating heart in stressful situations? 0 1 2 3
- 8. Feel better after eating something  
sweet? 0 1 2 3

9. Crave salty or spicy foods? 0 1 2 3
10. Digestive problems? 0 1 2 3
11. Nausea? 0 1 2 3
12. Underweight? 0 1 2 3
13. Inflammatory arthritis? 0 1 2 3
14. Intolerance to medications? 0 1 2 3
15. Allergic symptoms present in  
(nose, throat , ears and/or skin)? 0 1 2 3
16. Food allergies? 0 1 2 3
17. Large brown age spots? 0 1 2 3
18. Large white spots of de-pigmentation? 0 1 2 3
19. Eczema? 0 1 2 3

TOTAL

#### Cortisol Excess

1. Balloon like swollen face? 0 1 2 3
2. Excitable? 0 1 2 3
3. Excessive Energy? 0 1 2 3

TOTAL

Female Progesterone:Estrogen Ratio

1. Abdominal cramping? 0 1 2 3
2. Night sweats? 0 1 2 3
3. Hot flushes? 0 1 2 3
4. Vaginal dryness? 0 1 2 3
5. PMS? 0 1 2 3
6. Impatient? 0 1 2 3
7. Moody? 0 1 2 3
8. Anxiety attacks? 0 1 2 3
9. Vaginal yeast infections? 0 1 2 3
10. Water retention? 0 1 2 3
11. Rapid mood swings? 0 1 2 3
12. Depression prior to menstruation? 0 1 2 3
13. Ovulation pain prior to menstruation? 0 1 2 3
14. Painful swollen breasts? 0 1 2 3
15. Painful swollen belly? 0 1 2 3
16. Emotionally irritable and excitable? 0 1 2 3
17. Gums bleed easily? 0 1 2 3
18. Dry flaky hair/skin? 0 1 2 3
19. High Blood Pressure? 0 1 2 3

TOTAL

## Melatonin

1. Go to bed later than 10pm? 0 1 2 3
2. Feel tired and un-rested after going to 0 1 2 3  
bed late the night before?
3. Awaken at night and have difficulty 0 1 2 3  
returning to sleep?
4. Need to, darken room, remove noise, 0 1 2 3  
turn off TV or radio in order to sleep?
5. Mull or worry over problems at night? 0 1 2 3
6. Suffer from jet lag when traveling? 0 1 2 3  
Feel un-rested upon waking in the 0 1 2 3  
morning?
7. Tendency to sleep late and must use 0 1 2 3  
alarm clock to awaken?

## TOTAL

## Water, Vegies, Fibre

1. Often constipated with infrequent 0 1 2 3  
bowel movements?
2. Stools are hard and compact? 0 1 2 3
3. Strain during bowel movements? 0 1 2 3

4. Diarrhea? 0 1 2 3
5. Bad breath? 0 1 2 3
6. Indigestion, bloating or gas after 0 1 2 3  
eating?
7. Obesity? 0 1 2 3
8. Yellow color to urine without the 0 1 2 3  
influence of B vitamins?
9. Urine is cloudy and unclear? 0 1 2 3
10. Dandruff? 0 1 2 3

TOTAL

History (yes / no)

1. Ulcerative colitis, Cohn's disease no (0) yes (3)
2. Colon cancer? no (0) yes (3)
3. Ulcers? no (0) yes (3)
4. Varicose veins? no (0) yes (3)
5. Gallstones? no (0) yes (3)
6. Leg cramps? no (0) yes (3)
7. Hiatus hernia? no (0) yes (3)
8. Hemorrhoids/Piles? no (0) yes (3)
9. Diverticulitis? no (0) yes (3)

10. Appendix (problems or removed)? no (0) yes (3)

11. Anemia? no (0) yes (3)

TOTAL

Add up your scores for each of the sections above and compare with the values in the Table below to evaluate possible hormone deficiencies.

Low/Mild Hormone  
Deficiency

Moderate Hormone  
Deficiency

Serious Hormone  
Deficiency

Severe Hormone  
Deficiency

DHEA

1-2

3-5

6-11

12+

Pregnenolone

1-2

3-5

6-11

12+

Testosterone:Estrogen  
Ratio & Male -  
Testosterone

1-5

6-24

25-49

50-75

Female - Estrogen

1-4

5-19

20-39

50-75

Thyroid

1-14

15-40

41-81

82-123

Growth Hormone

1-11

12-41

42-83

84-126

Cortisol

1-5

6-18

19-37

38-57

Cortisol Excess

1-2

3-4

5-7

8-9

Female -  
Progesterone:Estrogen  
Ratio

1-5

6-17

18-35

36-54

Melatonin

1-5

6-10

10-15

16-24

Nutrition/History

1-5

6-18

19-37

38-63

