



Keep track of the questions you answer "YES" to...

- Hair loss in one or more of these places: diffuse thinning all over the head, overall widening of the middle part, thinning hair just behind the front hair line and thinning hair at the temples.
- I have low energy - especially in the morning.
- My fasting insulin is higher than 5.4 uIU/mL.
- I feel "stressed out" often - agitation or anxiety.
- I have dry skin - lack of moisture everywhere.
- I feel like I'm retaining water - fluid retention like swollen ankles.
- My cholesterol levels are elevated.
- I tend towards constipation.
- I have a sensitivity to cold - I tend to have cold hands and feet.
- I have difficulty concentrating.
- I tend towards depression and moodiness.
- Sometimes I have difficulty swallowing.
- I sometimes have painful or swollen breasts.
- I have a leaky or overactive bladder.
- Vaginal dryness, irritation or loss of feeling.
- Emotional fragility.
- Sagging breasts or loss of fullness.
- Easily disrupted sleep at night.
- Increased clumsiness or coordination.

Total number of "yeses": _____