

SYMPTOM QUESTIONNAIRE

Hair

- Hair Loss
- Excessive facial/body hair

Bloodwork

- High cholesterol
- High triglycerides
- Fatty Liver
- Diabetes / Pre-Diabetes

Sleep

- Insomnia
- Sleep apnea
- Difficulty falling asleep
- Tired after sleeping

Digestion

- Bloating
- Constipation
- Nausea
- Food & sugar cravings
- Appetite changes

Body

- Weight gain
- Difficulty losing weight
- Belly fat
- Low self esteem
- Pelvic pain
- Fluid retention

Mental Health

- Depression
- Anxiety
- Mood Swings
- Brain Fog
- Difficulty focusing
- Fatigue
- Headache
- Migraine

Skin

- Cystic Acne
- Dark spots
- Canker sores
- Skin tags

Fertility

- Infertility
- Miscarriages
- Low sex-drive
- Irregular periods
- Mid-cycle spotting
- Heavy menstrual flow
- Cysts on ovaries
- Increased clitoris
- Increased yeast infections