

# Male Review of System & Health Check List

SYMPTOMS	NONE	MILD	MOD.	SEVERE	CAUSE
DECREASED URINE FLOW					ESTROGEN DOMINANCE
INCREASED URINE URGENCY					
PROSTATE PROBLEMS					
WEIGHT GAIN-CHEST/HIP/WAIST					
DECREASED LIBIDO (SEX DRIVE)					LOW ANDROGENS & METABOLIC SYNDROME
METABOLIC SYNDROME					
DECREASED ERECTIONS					
LOW ANDROGENS (LOW-T)					
RINGING IN EARS					
HIGH CHOLESTEROL					
ELEVATED TRIGLYCERIDES					
HOT FLASHES					
NIGHT SWEATS					
DECREASED MENTAL SHARPNESS					
INCREASED FORGETFULNESS					
DECREASED MUSCLE MASS					
DECREASED FLEXIBILITY					
SORE MUSCLES					
INCREASED JOINT AND BODY ACHES					
BONE LOSS					
RAPID AGING					
THINNING SKIN					
DECREASED STAMINA					
FEELING BURNT OUT					ADRENAL GLAND
MORNING FATIGUE					
EVENING FATIGUE					
DIFFICULTY SLEEPING					
APATHY					
DEPRESSED					
MENTAL FATIGUE					
ANXIOUS & NERVOUS					
IRRITABLE					
HEADACHES					
ELEVATED BLOOD SUGAR/DIABETES					
DIZZY SPELLS					
INCREASED FACIAL & BODY HAIR					
HAIR LOSS & BALDNESS					
WEIGHT GAIN-HIPS & WAIST					
HIGH CHOLESTEROL					
ELEVATED TRIGLYCERIDES					
ELEVATED BLOOD SUGAR/DIABETES					
COLD BODY TEMPERATURE					THYROID GLAND
ENLARGED THYROID (GOITER)					
HOARSENESS					
DRY OR BRITTLE HAIR					
CONSTIPATION					
SLOW PULSE RATE					
RAPID HEART RATE					
HEART PALPITATIONS					
INFERTILITY PROBLEMS					

Female Review of System & Health Check List					
SYMPTOMS	NONE	MILD	MOD.	SEVERE	CAUSE
HOT FLASHES					LOW ESTROGEN
NIGHT SWEATS					
VAGINAL DRYNESS					
PAINFUL INTERCOURSE					
URINE INCONTINENCE					
MENSTRUAL BLEEDING CHANGES					ESTROGEN DOMINANCE
UTERINE FIBROIDS					
WATER RETENTION					
BREAST TENDERNESS					
FIBROCYSTIC BREASTS					
INCREASED FORGETFULNESS					
FOGGY BRAIN & THINKING					
SADNESS & TEARFULNESS					
DEPRESSED					
MOOD SWINGS					
STRESS					ADRENAL GLAND
MORNING FATIGUE					
DIFFICULTY SLEEPING					
DECREASED STAMINA					
ANXIOUS & NERVOUS					
IRRITABLE					
FIBROMYALGIA					
ALLERGIES					
HEADACHES					
SUGAR CRAVING					
DIZZY SPELLS					THYROID GLAND
COLD BODY TEMPERATURE					
GOITER (ENLARGED THYROID)					
HOARSENESS					
DRY & BRITTLE HAIR					
CONSTIPATION					
SLOW HEART RATE					
RAPID HEART RATE					
PALPITATION					
INFERTILITY					
ACNE					HIGH ANDROGENS & METABOLIC SYNDROME
INCREASED FACIAL & BODY HAIR					
HAIR LOSS & BALDNESS					
WEIGHT GAIN-HIPS & WAIST					
HIGH CHOLESTEROL					
ELEVATED TRIGLYCERIDES					
ELEVATED BLOOD SUGAR/DIABETES					LOW ANDROGENS
DECREASED LIBIDO (SEX DRIVE)					
DECREASED MUSCLE MASS					
THINNING SKIN					
RINGING IN EARS					
RAPID AGING					
ACHES & PAINS					
BONE LOSS					