

# Self Assessment of Hormone + Neurotransmitter Balance

Use the checklists below to tick off any symptoms which are currently relevant to you.

You can tick the same symptom multiple times throughout the form.

The number of ticks within each section gives an indication of which hormones and neurotransmitters may be deficient or in excess for you. The more ticks the stronger the imbalance. (D) = Deficiency (E) = Excess

## Oestrogen (D)

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Poor memory      | <input type="checkbox"/> Loss of bone mass | <input type="checkbox"/> Dry skin                |
| <input type="checkbox"/> Palpitations     | <input type="checkbox"/> Hot flushes Night | <input type="checkbox"/> Vaginal dryness/atrophy |
| <input type="checkbox"/> Headaches        | <input type="checkbox"/> sweats Sleep      | <input type="checkbox"/> Dyspareunia             |
| <input type="checkbox"/> Yeast infections | <input type="checkbox"/> disturbances      | <input type="checkbox"/> Foggy brain             |
| <input type="checkbox"/> Depression       |  |  |

## Oestrogen (E)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Mood swings                      | <input type="checkbox"/> Irritability                 | <input type="checkbox"/> Irregular / heavy menses |
| <input type="checkbox"/> Uterine fibroids                 | <input type="checkbox"/> Facial flushing              | <input type="checkbox"/> Fatigue                  |
| <input type="checkbox"/> Symptoms of low thyroid function | <input type="checkbox"/> Prostate symptoms            | <input type="checkbox"/> Sweet cravings           |
| <input type="checkbox"/> Nervousness                      | <input type="checkbox"/> Water retention              | <input type="checkbox"/> Weight gain Fibrocystic  |
| <input type="checkbox"/> Anxiety                          | <input type="checkbox"/> Breast swelling & tenderness | <input type="checkbox"/> breasts                  |

## Testosterone (D)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Fatigue                    | <input type="checkbox"/> Muscle weakness                   | <input type="checkbox"/> Incontinence           |
| <input type="checkbox"/> Lack of motivation         | <input type="checkbox"/> Reduced muscle mass               | <input type="checkbox"/> General aches/pains    |
| <input type="checkbox"/> Memory problems            | <input type="checkbox"/> Diminished feelings of well being | <input type="checkbox"/> Fibromyalgia Decreased |
| <input type="checkbox"/> Depression                 | <input type="checkbox"/> Heart palpitations                | <input type="checkbox"/> body hair Increased    |
| <input type="checkbox"/> Low libido                 | <input type="checkbox"/> Thinning skin                     | <input type="checkbox"/> abdominal fat Breast   |
| <input type="checkbox"/> Decreased erectile quality | <input type="checkbox"/> Bone loss/osteoporosis            | <input type="checkbox"/> development            |
| <input type="checkbox"/> Low sperm count            | <input type="checkbox"/> Vaginal dryness                   | <input type="checkbox"/> Cardiovascular disease |
| <input type="checkbox"/> Poor concentration         |  |   |

## Testosterone (E)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Aggression               | <input type="checkbox"/> Loss of scalp hair     | <input type="checkbox"/> PCOS          |
| <input type="checkbox"/> Body hair                | <input type="checkbox"/> High blood pressure    | <input type="checkbox"/> Hypoglycaemia |
| <input type="checkbox"/> Increased DHT levels     | <input type="checkbox"/> Acne                   | <input type="checkbox"/> Ovarian cysts |
| <input type="checkbox"/> Masculinization          | <input type="checkbox"/> Deepening of voice     | <input type="checkbox"/> Insomnia      |
| <input type="checkbox"/> Male pattern hair growth | <input type="checkbox"/> Irritability/moodiness |  |



## Progesterone (D)

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Signs of excess oestrogen | <input type="checkbox"/> Mood swings      | <input type="checkbox"/> Infertility       |
| <input type="checkbox"/> Swollen breasts           | <input type="checkbox"/> Irregular menses | <input type="checkbox"/> Early miscarriage |
| <input type="checkbox"/> Weight gain               | <input type="checkbox"/> Depression       | <input type="checkbox"/> Foggy thinking    |
| <input type="checkbox"/> Headaches                 | <input type="checkbox"/> Cramping         | <input type="checkbox"/> Acne              |
| <input type="checkbox"/> Low libido                | <input type="checkbox"/> PMS              | <input type="checkbox"/> Joint pain        |
| <input type="checkbox"/> Anxiety                   |   |  |

## Progesterone (E)

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> Somnolence | <input type="checkbox"/> Gastrointestinal bloating | <input type="checkbox"/> Mild depression |
|-------------------------------------|--|--|

## Cortisol (D)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Addison's disease | <input type="checkbox"/> Increased skin pigmentation | <input type="checkbox"/> Asthma             |
| <input type="checkbox"/> Hypothyroidism    | <input type="checkbox"/> Non-melancholic depression  | <input type="checkbox"/> Stress intolerance |
| <input type="checkbox"/> Chronic fatigue   | <input type="checkbox"/> Poor mental function        | <input type="checkbox"/> Cold intolerance   |
| <input type="checkbox"/> Fibromyalgia      | <input type="checkbox"/> Frequent infection          | <input type="checkbox"/> Hypoglycaemia      |
| <input type="checkbox"/> Muscle weakness   | <input type="checkbox"/> Rheumatoid arthritis        | <input type="checkbox"/> Aches and pains    |
| <input type="checkbox"/> Depression        | <input type="checkbox"/> Insomnia                    |   |

## Cortisol (E)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Cushing's syndrome                  | <input type="checkbox"/> Frequent infections                       | <input type="checkbox"/> Allergies           |
| <input type="checkbox"/> Anxiety/panic disorder              | <input type="checkbox"/> Reduced T3 formation                      | <input type="checkbox"/> Anorexia nervosa    |
| <input type="checkbox"/> Melancholic depression              | <input type="checkbox"/> Insulin resistance/<br>metabolic syndrome | <input type="checkbox"/> Accelerated ageing  |
| <input type="checkbox"/> Obsessive compulsive<br>disorder    | <input type="checkbox"/> Diminished cognitive<br>function/memory   | <input type="checkbox"/> Weight gain (waist) |
| <input type="checkbox"/> Stress/irritability                 | <input type="checkbox"/> Bone loss                                 | <input type="checkbox"/> Aches and pains     |
| <input type="checkbox"/> Addictions, including<br>alcoholism | <input type="checkbox"/> Signs of low oestrogen                    | <input type="checkbox"/> Sugar cravings      |
| <input type="checkbox"/> Insomnia                            | <input type="checkbox"/> Increased facial hair                     | <input type="checkbox"/> Low libido          |
| <input type="checkbox"/> High blood pressure                 | <input type="checkbox"/> Hair loss                                 | <input type="checkbox"/> Heart palpitations  |
| <input type="checkbox"/> Dyslipidaemia                       | <input type="checkbox"/> Acne                                      | <input type="checkbox"/> Thinning skin       |
|  |  | <input type="checkbox"/> Loss of muscle mass |
|  |  | <input type="checkbox"/> Sleep disturbances  |

## Melatonin (D)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Chronic/intermittent<br>disturbance in sleep<br>onset &/or duration | <input type="checkbox"/> Coronary heart disease      | <input type="checkbox"/> Fibromyalgia       |
| <input type="checkbox"/> Multiple sclerosis  | <input type="checkbox"/> Epilepsy                    | <input type="checkbox"/> Migraines          |
| <input type="checkbox"/> Depression/Seasonal<br>Affective Disorder                           | <input type="checkbox"/> Postmenopausal osteoporosis | <input type="checkbox"/> Breast swelling    |
|  | <input type="checkbox"/> Insomnia                    | <input type="checkbox"/> Candida overgrowth |
|  | <input type="checkbox"/> Poor immune function        |   |

## Growth Hormone (D)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Short height (children)          | <input type="checkbox"/> Thinning skin Lack   | <input type="checkbox"/> Loss of bone mass   |
| <input type="checkbox"/> Fat in waist and face (children) | <input type="checkbox"/> of perspiration      | <input type="checkbox"/> Reduced muscle mass |
| <input type="checkbox"/> Poor growth (children)           | <input type="checkbox"/> Impaired temperature | <input type="checkbox"/> Weight gain Anxiety |
| <input type="checkbox"/> Low energy/fatigue Decreased     | <input type="checkbox"/> regulation           | <input type="checkbox"/> Depression          |
| <input type="checkbox"/> strength & exercise tolerance    | <input type="checkbox"/> Low libido           | <input type="checkbox"/> High insulin levels |
|   | <input type="checkbox"/> Poor sleep           |  |
| <input type="checkbox"/> High cholesterol                 |   |  |

## Growth Hormone (E)

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Change in size of hands/feet                  | <input type="checkbox"/> Insulin resistance   | <input type="checkbox"/> Menstrual disorders |
| <input type="checkbox"/> Facial feature changes/<br>lower jaw and brow | <input type="checkbox"/> Cardiac dysfunction  | <input type="checkbox"/> Low libido          |
| <input type="checkbox"/> protrusion                                    | <input type="checkbox"/> High blood pressure  | <input type="checkbox"/> Vision problems     |
| <input type="checkbox"/> Enlargement of nasal bone                     | <input type="checkbox"/> Goiter   | <input type="checkbox"/> Anxiety Depression  |
| <input type="checkbox"/> Excess perspiration                           | <input type="checkbox"/> Sleep apnea Fatigue  |  |
| <input type="checkbox"/> Headaches                                     | <input type="checkbox"/> Numbness or burning of the hands or<br>feet; carpal tunnel |  |

## Serotonin (E)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Confusion         | <input type="checkbox"/> Drunk & dizzy | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Extreme agitation | <input type="checkbox"/> GI distress   | <input type="checkbox"/> Muscle twitching    |

## Serotonin (D)

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Depression      | <input type="checkbox"/> Carbohydrate cravings  | <input type="checkbox"/> Anxiety                     |
| <input type="checkbox"/> Aggression      | <input type="checkbox"/> Low self esteem Poor   | <input type="checkbox"/> Impulsive behavior          |
| <input type="checkbox"/> Insomnia Eating | <input type="checkbox"/> dream recall Obsessive | <input type="checkbox"/> Seasonal affective disorder |
| <input type="checkbox"/> disorders       | <input type="checkbox"/> compulsive behavior    |  |

## Prolactin (D)

- |                                  |  |   |
|----------------------------------|--|---|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Loss of underarm/pubic hair | <input type="checkbox"/> Reduction in milk production |
|----------------------------------|--|---|

## **Prolactin (E)**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Headaches                                  | <input type="checkbox"/> Bone loss                | <input type="checkbox"/> Breast discharge (unrelated to pregnancy/lactation) |
| <input type="checkbox"/> Visual disturbances                        | <input type="checkbox"/> Infertility              | <input type="checkbox"/> Erectile dysfunction                                |
| <input type="checkbox"/> Signs of low testosterone or low oestrogen | <input type="checkbox"/> Menstrual irregularities | <input type="checkbox"/> Decreased body hair                                 |
| <input type="checkbox"/> Low libido                                 | <input type="checkbox"/> Vaginal dryness          | <input type="checkbox"/> Reduced muscle mass                                 |

## **Glutamate (D)**

- |                                      |   |  |
|--------------------------------------|---|--|
| <input type="checkbox"/> Poor memory | <input type="checkbox"/> Cognitive impairment | <input type="checkbox"/> Poor attention span |
|--------------------------------------|---|--|

## **Glutamate (E)**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Anxiety                       | <input type="checkbox"/> Alzheimer's disease | <input type="checkbox"/> Parkinson's disease |
| <input type="checkbox"/> Compulsive disorders          | <input type="checkbox"/> Neurodegeneration   | <input type="checkbox"/> Epilepsy            |
| <input type="checkbox"/> Amyotrophic lateral sclerosis |  |  |

## **GABA (D)**

- |  |                                   |  |
|--|-----------------------------------|--|
| <input type="checkbox"/> Anxiety         | <input type="checkbox"/> Seizures | <input type="checkbox"/> Panic attacks         |
| <input type="checkbox"/> Alcohol craving | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Premenstrual syndrome |

## **GABA (E)**

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Impaired learning | <input type="checkbox"/> Poor memory |
|--|--------------------------------------|

## **Dopamine (D)**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Alzheimer's Disease | <input type="checkbox"/> Stress/mental exhaustion | <input type="checkbox"/> Sleep disorders            |
| <input type="checkbox"/> ADD                 | <input type="checkbox"/> Depression               | <input type="checkbox"/> General fatigue/exhaustion |
| <input type="checkbox"/> Parkinson's disease | <input type="checkbox"/> Low libido               | <input type="checkbox"/> Poor dream recall          |
| <input type="checkbox"/> Tremors             | <input type="checkbox"/> Addictive behaviour      | <input type="checkbox"/> Lack of motivation         |

## **Dopamine (E)**

- |  |                                     |                              |
|--|-------------------------------------|------------------------------|
| <input type="checkbox"/> Schizophrenia | <input type="checkbox"/> Aggression | <input type="checkbox"/> ADD |
|--|-------------------------------------|------------------------------|

If you would like more information about hormonal and neurotransmitter balance and how to restore balance, please contact [melissah@insideoutnaturalhealth.com.au](mailto:melissah@insideoutnaturalhealth.com.au)

