

Metabolic Survey page 2

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|---|-----------|---|-----------|
| Category 9: Adrenal Hyper. | | Category 14: Prostate (male) | |
| Cannot fall asleep | 0 1 2 3 4 | Urination is difficult (dribbling) | 0 1 2 3 4 |
| Sweat easily | 0 1 2 3 4 | Frequent urination | 0 1 2 3 4 |
| Under high stress | 0 1 2 3 4 | Restless legs at night | 0 1 2 3 4 |
| Weight gain if stressed | 0 1 2 3 4 | Urge to urinate but little urine | 0 1 2 3 4 |
| Wake up tired after enough sleep | 0 1 2 3 4 | | |
| Category 10: Hypothyroid | | Category 15 : Andropause | |
| Tired/sluggish | 0 1 2 3 4 | Decreased sex drive | 0 1 2 3 4 |
| Feel cold a lot (hands, feet) | 0 1 2 3 4 | Decrease in spontaneous morning erections | 0 1 2 3 4 |
| Need lots of sleep | 0 1 2 3 4 | Less than full erection | 0 1 2 3 4 |
| Gain weight easily | 0 1 2 3 4 | Mental fatigue | 0 1 2 3 4 |
| Constipated (hard stools) | 0 1 2 3 4 | Inability to concentrate | 0 1 2 3 4 |
| Easily depressed | 0 1 2 3 4 | Episodes of depression | 0 1 2 3 4 |
| Morning headaches | 0 1 2 3 4 | Decreased physical stamina | 0 1 2 3 4 |
| Outer third of eyebrows thin | 0 1 2 3 4 | Achey | 0 1 2 3 4 |
| Excessive hair loss | 0 1 2 3 4 | Increased weight gain | 0 1 2 3 4 |
| Dry skin and scalp | 0 1 2 3 4 | Increased fat in chest and hips | 0 1 2 3 4 |
| Lack mental clarity | 0 1 2 3 4 | Sweating attacks | 0 1 2 3 4 |
| | | Emotional | 0 1 2 3 4 |
| Category 11: Hyperthyroid | | Category 16: Menstruation (female) | |
| Heart palpitations | 0 1 2 3 4 | Menstrual cycle irregular | 0 1 2 3 4 |
| Trembling inwardly | 0 1 2 3 4 | Cycle greater than 32 days | 0 1 2 3 4 |
| Increased pulse rate | 0 1 2 3 4 | Cycle shorter than 24 days | 0 1 2 3 4 |
| Nervous and emotional | 0 1 2 3 4 | Cramping and pain with period | 0 1 2 3 4 |
| Insomnia | 0 1 2 3 4 | Scanty blood flow | 0 1 2 3 4 |
| Night sweats | 0 1 2 3 4 | Heavy blood flow | 0 1 2 3 4 |
| Hard to gain weight | 0 1 2 3 4 | Breast tenderness with menses | 0 1 2 3 4 |
| | | Pelvic pain with menses | 0 1 2 3 4 |
| | | Irritable during menses | 0 1 2 3 4 |
| | | Acne break outs | 0 1 2 3 4 |
| | | Facial hair growth | 0 1 2 3 4 |
| | | Hair loss/thinning | 0 1 2 3 4 |
| Category 12: Pituitary Hypofunction | | Category 17: Menopausal (female) | |
| Diminished sex drive | 0 1 2 3 4 | Uterine bleeding since menopause | 0 1 2 3 4 |
| Menstrual problems | 0 1 2 3 4 | Hot flashes | 0 1 2 3 4 |
| Eats sugar with no symptoms | 0 1 2 3 4 | Mental fogginess | 0 1 2 3 4 |
| | | Decreased sex drive | 0 1 2 3 4 |
| | | Mood swings | 0 1 2 3 4 |
| | | Depression | 0 1 2 3 4 |
| | | Painful intercourse | 0 1 2 3 4 |
| | | Shrinking breasts | 0 1 2 3 4 |
| | | Facial hair growth | 0 1 2 3 4 |
| | | Acne | 0 1 2 3 4 |
| | | Vaginal pain and itching | 0 1 2 3 4 |
| Category 13: Pituitary Hyperfunction | | | |
| Increased sex drive | 0 1 2 3 4 | | |
| Tolerance to sugar is poor | 0 1 2 3 4 | | |
| Splitting painful headaches | 0 1 2 3 4 | | |

FOODS

Number of alcoholic beverages per week _____

Number of times eating out per week _____

List the 3 worst foods you eat. _____

List the 3 healthiest foods you eat. _____

Smoker yes no Cigarettes per week _____

Servings of fruits and vegetables per day _____

Current medications _____

Current supplements _____

Caffeinated beverages per day _____

Times per week eating raw nuts and seeds _____

Times per week exercising and type of exercise _____

Stress level 10 (extreme) 0 none _____