

## QUIZ

# Top Hormonal Symptom

If you have several symptoms, how should you start?

Here is a quick quiz that will help you decide.

It should take less than two minutes to complete.

### HORMONE IMBALANCE QUIZ

Answer each question yes or no. Total the number of yes answers for each section.

#### SECTION A

1. My weight has changed dramatically in the last few years. Y/N  
.....
2. I often eat more than I plan to. Y/N  
.....
3. Eating healthy doesn't help me lose weight. Y/N  
.....
4. Given how little I eat, I should not weigh what I do. Y/N  
.....
5. I exercise more than my friends, but they are thinner. Y/N  
.....

TOTAL NUMBER OF YES ANSWERS \_\_\_\_

#### SECTION B

1. I need coffee more than I ever used to. Y/N  
.....
2. By evening I'm too exhausted to do anything useful. Y/N  
.....
3. If I try to do everything I should, I'll be wiped out for days. Y/N  
.....
4. I avoid social events because I don't have the energy. Y/N  
.....
5. My favorite days are ones in which I can rest as much as I want. Y/N  
.....

TOTAL NUMBER OF YES ANSWERS \_\_\_\_

**SECTION C**

- 1. My periods have stopped or become unpredictable. Y/N  
.....
- 2. I often feel full or bloated. Y/N  
.....
- 3. Sometimes my breasts feel lumpy or tender. Y/N  
.....
- 4. I suffer from hot flashes. Y/N  
.....
- 5. My sex drive is low or unpredictable. Y/N  
.....

TOTAL NUMBER OF YES ANSWERS \_\_\_\_

**SECTION D**

- 1. I struggle with remembering first names. Y/N  
.....
- 2. I make more lists and notes because I'm afraid of forgetting things. Y/N  
.....
- 3. Sometimes I walk into a room and forget why I went there. Y/N  
.....
- 4. My loved ones tell me I repeat myself more. Y/N  
.....

- 5. I keep losing my keys or my phone. Y/N  
.....

TOTAL NUMBER OF YES ANSWERS \_\_\_\_

**SECTION E**

- 1. It takes too long to get to sleep. Y/N  
.....
- 2. I wake up in the middle of the night and can't get back to sleep. Y/N  
.....
- 3. Even if I get enough sleep, it feels less refreshing. Y/N  
.....
- 4. If I sit still in the afternoon, I'll probably fall asleep. Y/N  
.....
- 5. As soon as I lie down to sleep, my mind starts racing. Y/N  
.....

TOTAL NUMBER OF YES ANSWERS \_\_\_\_

SECTION	SYMPTOM	YOUR SCORE
A	• • Weight	• •
B	• • Fatigue	• •
C	• • Hot flashes	• •
D	• • Brain fog	• •
E	• • Sleep	• •

### Where to start?

- If one section's score was the highest, start with that symptom.
- If several scores tie, choose the one you've had the longest.
- If all five scores are high, start with weight.

If you do have several symptoms with scores of 3 or greater, repeat the quiz after your first two-week challenge. Your symptoms may have changed, and some symptoms will have improved more than others. Your new score may direct you to a new challenge or suggest that you should repeat the last one. Stubborn symptoms may continue to improve with several challenges. When you start a new challenge or repeat the last one, you can start the two-week plan right away. It is not necessary to take a break before starting one.

Find the Hormone Healing Cookbook on Amazon.com; Barnesandnoble.com or at your local bookstore.