



337-478-1313
www.drericssnow.com

Women's Hormone Questionnaire

Instructions: 0=Never; 1=Mild; 2=Moderate; 3=Severe

Increased Inflammation:

Body/Joint Aches/Backache	0	1	2	3	
Sigh Frequently	0	1	2	3	
Acne Rosacea	0	1	2	3	Total for this section=

Hormonal Disruption:

Mood Swings	0	1	2	3	
Anxiety/Nervousness	0	1	2	3	
Overly Reactive/Short Fuse	0	1	2	3	
Depression	0	1	2	3	
Lowered Self-Esteem/Self-Image	0	1	2	3	
Sadness/Crying	0	1	2	3	
Difficulty Falling Asleep & Staying Asleep	0	1	2	3	
Constant Hunger	0	1	2	3	
Sweet Cravings	0	1	2	3	
Caffeine/Stimulant Cravings	0	1	2	3	
Salt Cravings	0	1	2	3	
Weight Gain	0	1	2	3	
Hirsutism (Abdominal/Facial Hair)	0	1	2	3	
Lowered Libido	0	1	2	3	
Hot Flashes (Daytime)	0	1	2	3	
Vaginal Dryness	0	1	2	3	
Painful Intercourse	0	1	2	3	
Body/Head Hair Loss	0	1	2	3	Total for this section=

Deep Toxicity:

Fatigue	0	1	2	3	
Water Retention	0	1	2	3	
Dry Skin/Brown Spots (Melasma)	0	1	2	3	
Night Sweats	0	1	2	3	Total for this section=

Antioxidant Issues:

Foggy Thinking	0	1	2	3	
Memory Difficulties	0	1	2	3	
Circumstances Seem Overwhelming	0	1	2	3	
Loud Noises/Music Disturbs You	0	1	2	3	
The World Intimidates/Scares You	0	1	2	3	
Feel Like Running Away	0	1	2	3	Total for this section=

Overall Total=

0-40 Mild; 40-90 Moderate; 90 and above is severe

Start building your health today! Call our office 337-478-1313 – See how we can help.