



How Healthy Are
Your Hormones?

Quiz

SEXY
BRAIN

How healthy are your hormones QUIZ?

1. Do you have crashes of energy regularly during your day?
YES NO
2. Are you gaining weight and your body shape shifting in a way you don't like and feel is out of control?
YES NO
3. Is your skin having negative changes (dry, wrinkles, acne, crepe-looking)?
YES NO
4. Are your muscles getting smaller no matter how much you work out?
YES NO
5. Is your sleep non-restorative and fretful on a regular basis?
YES NO
6. Are your emotions getting out of control for what seems like no reason at all?
YES NO
7. Are you more anxious than you used to be and it reduces your quality of life?
YES NO
8. Are you finding that your motivation to carry out your plans is lessening (you think of things to do but you do less and less of them)?
YES NO
9. Are you becoming more forgetful?
YES NO
10. Are you forgetting words more regularly?
YES NO
11. Are you having brain fog and struggle more with focus than you used to?
YES NO
12. Are you feeling much older than your years?
YES NO

13. Are you having chronic maldigestion (burping, bloating, constipation or diarrhea) and feeling fatigued regularly after you eat? YES NO
14. Do your skin and/or hair have less luster and look older no matter the lotions and potions you use? YES NO
15. Do you feel overwhelmed much more often, or enough that it is getting in the way of you being productive and happy? YES NO
16. Do you notice you are doing less and becoming less productive and more isolated? YES NO
17. Are you finding yourself worrying more than feeling peaceful? YES NO
18. Are you doing less physical activity because you are just too tired? YES NO
19. Are you having more generalized aches and pains that do not seem to make sense (from working out or using your body in a way that might naturally cause some aches and pains such as from gardening or the gym)? YES NO
20. Are you feeling like life is passing you by? YES NO
21. Are you having a harder time to have better posture? YES NO
22. Are you sitting much more than you are being active? YES NO
23. Are you having much more insecure private thoughts than positive robust ones? YES NO
24. Do you have zip sexual feelings and zip attraction and sense of aliveness in your lower genitals most of the time? YES NO

25. Do you have more regrets than hope most of the time?

YES NO

SCORING:

- **7 YES'S AND YOUR HORMONES ARE WANING**
- **10 TO 15 YES'S AND YOUR NEED TO GET YOUR HORMONES CHECKED**
- **15 TO 20 YES'S AND YOU NEED TO WORK WITH A FUNCTIONAL PRACTITIONER/NUTRITIONIST TO HELP YOUR HORMONES BE HEALTHIER**
- **20 TO 25 YES'S AND YOU NEED HORMONE HELP STAT!**