

Male Symptom Checklist

Use each of the following checklists to determine your symptoms of hormone imbalance and to help you choose the appropriate hormone test profile.

Category 1: Basic Hormone Imbalance

Mark which of the following symptoms are troublesome and/or persist over time

| | | | |
|--|---|---|--|
| <input type="checkbox"/> Burned out feeling | <input type="checkbox"/> Irritable | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Decreased urine flow |
| <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Erectile dysfunction | <input type="checkbox"/> Increased urinary urge | <input type="checkbox"/> Decreased stamina |
| <input type="checkbox"/> Weight gain waist | <input type="checkbox"/> Prostate dysfunction | <input type="checkbox"/> Infertility problems | <input type="checkbox"/> Sleep disturbances |
| <input type="checkbox"/> Decreased libido | <input type="checkbox"/> Decreased mental sharpness | <input type="checkbox"/> Oily Skin | <input type="checkbox"/> Decreased muscle mass |
| <input type="checkbox"/> Decreased erections | | <input type="checkbox"/> Apathy | |
| <input type="checkbox"/> Night sweats | | | |

Category 2: Adrenal Hormone Imbalance

Mark which of the following symptoms are troublesome and/or persist over time

| | | | |
|---|---|--|---|
| <input type="checkbox"/> Aches and pains | <input type="checkbox"/> Elevated triglycerides | <input type="checkbox"/> Morning Fatigue | <input type="checkbox"/> Bone loss |
| <input type="checkbox"/> Sleep disturbances | <input type="checkbox"/> Depression | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Blood sugar imbalance |
| <input type="checkbox"/> Infertility | <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Allergic conditions | <input type="checkbox"/> Autoimmune illness |
| <input type="checkbox"/> Chronic illness | <input type="checkbox"/> Prostate problems | <input type="checkbox"/> Weight gain waist | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Evening fatigue | <input type="checkbox"/> Decreased erections | <input type="checkbox"/> Susceptibility to infections |

Category 3: Thyroid Hormone Imbalance

Mark which of the following symptoms are troublesome and/or persist over time

| | | | |
|---|--------------------------------------|--|---|
| <input type="checkbox"/> Low libido | <input type="checkbox"/> Depression | <input type="checkbox"/> Cold body temperature | <input type="checkbox"/> Decreased erections |
| <input type="checkbox"/> Foggy thinking | <input type="checkbox"/> Infertility | <input type="checkbox"/> Headaches | <input type="checkbox"/> Sleep disturbances |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Inability to lose weight |
| <input type="checkbox"/> Elevated cholesterol | | | |

Category 4: Cardio metabolic Risk

Mark which of the following symptoms are troublesome and/or persist over time

| | | |
|--|--|---|
| <input type="checkbox"/> Smoker | <input type="checkbox"/> Weight Gain | <input type="checkbox"/> Heart disease of family history of heart disease |
| <input type="checkbox"/> High blood sugar | <input type="checkbox"/> Sugar cravings | <input type="checkbox"/> Diabetes of family history of diabetes |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Waist size greater than 40 inches |
| <input type="checkbox"/> Overweight or obese | <input type="checkbox"/> Low physical activity | |

If you checked symptom **IN ALL four categories** the suggested test profiles are:

Good: Male Blood Profile I or Female/Male Saliva Profile I

Best: Comprehensive Male Profile I or II and Cardio Metabolic Profile I

If you checked symptoms **ONLY in Category 1**, the suggested test profiles are:

Good: Male Blood Profile I or Female/Male Saliva Profile I

Best: Comprehensive Male Profile I or II

If you checked symptoms **ONLY in Category 2**, the suggested test profiles are:

Good: Diurnal Cortisol (Saliva)

Best: Comprehensive Male profile I or II (Saliva/Blood Spot)

If you checked symptoms **ONLY in Category 3**, the suggested test profiles are:

Good: Complete Thyroid Profile

Best: Comprehensive Male I or II (Saliva/Blood Spot)

If you checked symptoms **ONLY in Category 4**, the suggested test profiles are:

Good: Cardio Metabolic Profile I plus Diurnal Cortisol

Best: Cardio Metabolic Profile I plus Female/Male Saliva Profile III

Adrenal Health Questionnaire: Section A

(1 point for each yes answer - circle Y for "yes" or N for "no")

| | | |
|--|---|---|
| 1. Do you frequently have low body temperatures? (<98 degrees F) | Y | N |
| 2. Do you frequently get irritable? | Y | N |
| 3. Do you have poor memory or concentrations? | Y | N |
| 4. Do you notice palpitations? | Y | N |
| 5. Do you suffer from allergies or asthma? | Y | N |
| 6. Do you bruise easily or find your wounds heal slowly? | Y | N |
| 7. Do you get frequent/chronic infections? | Y | N |
| 8. Do you have dry thinning skin? | Y | N |
| 9. Do you get headaches? | Y | N |
| 10. Do you have unexplained hair loss? | Y | N |
| 11. Do you skip meals? | Y | N |
| 12. Do you exercise more than one time each week? | Y | N |
| 13. Do you have thyroid problems? | Y | N |
| 14. Is your energy good all day? | Y | N |
| 15. Do you need caffeine in the morning or after lunch? | Y | N |

(3 points for each yes answer - circle Y for "yes" or N for "no")

| | | |
|---|---|---|
| 16. Are you emotionally overstressed? | Y | N |
| 17. Do you get tenderness across your lower back? | Y | N |
| 18. Do you suffer from depression or down moods? | Y | N |
| 19. Do you have low blood pressure? | Y | N |
| 20. Do you experience a "second wind" (high energy) at bedtime? | Y | N |
| 21. Do you experience chronic or recurrent inflammation? | Y | N |
| 22. Do you get light headed when sitting up or standing? | Y | N |

(5 points for each yes answer (yes to any of these should trigger adrenal test))

| | | |
|--|----|---|
| 23. Do you suffer from chronic pain? | Y | N |
| 24. Do you suffer from low blood sugar/hypoglycemia? (i.e. headaches, sleepiness, mood swings if skipping meals) | Y | N |
| 25. Do you suffer from insomnia? | Y* | N |
| 26. Do you experience symptoms of PMS? (breast tenderness, abdominal cramping, heavy periods, mood swings) | Y | N |
| 27. Are you menopausal or peri menopausal? (skipped periods, between 45-55 years old, hot flashes, vaginal dryness) | Y | N |

If your score is >10 you probably have some degree of adrenal dysfunction

If your score is >20 it is highly probable you have adrenal dysfunction

If your score is >30 it is nearly certain you have adrenal dysfunction

*If you answered yes to question 25 please also complete **Section B - Insomnia**

Adrenal Health Questionnaire: Section B - Insomnia

Circle your answers Y for "yes" or N for "no".

- | | | |
|--|---|---|
| 1. Do you experience difficulty falling asleep? | Y | N |
| 2. Does your mind race when trying to fall asleep? | Y | N |
| 3. Does it take you more than 20 minutes to fall asleep once the lights are off? | Y | N |
| 4. Do you experience a second wind (high energy) at night? | Y | N |
| 5. Do you have trouble staying asleep? | Y | N |
| 6. Do you wake more than once per night? | Y | N |
| 7. Do you have trouble going back to sleep once awakened? | Y | N |
| 8. Do you frequently waken between 2-3am? | Y | N |
| 9. Do you experience restless legs when trying to sleep? | Y | N |
| 10. Do you recall your dreams? | Y | N |
| 11. Do you have vivid or disturbing nightmares? | Y | N |
| 12. Do you sleep/nap during daylight hours? | Y | N |
| 13. Do you feel groggy or sleepy when you awaken? | Y | N |
| 14. Do you work "third shift" (work nights/sleep days)? | Y | N |
| 15. Are you depressed when the weather is cloudy or overcast? | Y | N |
| 16. Are you taking any sleeping pills, natural or prescription? | Y | N |
| 17. Do you snore? | Y | N |
| 18. Have you ever been diagnosed with sleep apnea? | Y | N |
| 19. Do you use coffee, caffeine or other stimulants/medications? | Y | N |
| 20. Do you have children or pets that sleep in your room/bed? | Y | N |
| 21. Do you exercise late in the day? | Y | N |
| 22. Do you eat carbohydrate snacks before bed (cake, cookies, ice cream?) | Y | N |
| 23. Do you eat nothing between dinner and bedtime? | Y | N |
| 24. Do you drink alcohol at night? | Y | N |
| 25. Do you have sinus problems/allergies/asthma that is worse at night? | Y | N |
| 26. Does your sleep partner snore or keep you awake due to restlessness? | Y | N |
| 27. Have you ever had a concussive injury (black out due to head trauma)? | Y | N |
| 28. Is your insomnia related to your cycle? | Y | N |
| 29. Are you menopausal or have you had a hysterectomy? | Y | N |

Dr. Eric Braverman's: Nature Assessment

Please answer each question by either circling T for true or F for false. At the end of each group please add up only the total number of true responses.

1A

| | | |
|---|---|---|
| I find it easy to process thoughts. | T | F |
| I concentrate effectively. | T | F |
| I am a deep thinker. | T | F |
| I am a quick thinker. | T | F |
| I become distracted because I do so many tasks at once. | T | F |
| I enjoy intense debate. | T | F |
| I have a good imagination. | T | F |
| I tend to criticize and analyze my thoughts. | T | F |

Physical

| | | |
|--|---|---|
| I have a lot of energy most of the time. | T | F |
| My blood pressure is often elevated. | T | F |
| Sometimes in my life I have episodes of extreme energy. | T | F |
| I have insomnia. | T | F |
| I find exercising invigorating | T | F |
| I don't ordinarily need coffee to jump-start me in the morning. | T | F |
| My veins are visible and tend to look as though they might pop out of my skin. | T | F |
| I tend to have high body temperature. | T | F |
| I eat my lunch while I am working. | T | F |
| I engage in sexual intercourse any chance I get. | T | F |
| I have a temper. | T | F |
| I eat only to reenergize my body. | T | F |
| I love action movies. | T | F |
| Exercising makes me feel powerful. | T | F |

Personality

| | | |
|---|---|---|
| I am a very domineering individual. | T | F |
| I sometimes do not notice my feelings. | T | F |
| I often have trouble listening to others because my own ideas dominate. | T | F |
| I have been in many physical altercations. | T | F |
| I tend to be future orientated. | T | F |
| I am sometimes speculative. | T | F |
| Most people view me as thinking-orientated. | T | F |
| I daydream and often fantasize. | T | F |
| I like to read history and other non-fiction books. | T | F |
| I admire ingenuity. | T | F |
| I can be slow in identifying how people can cause trouble. | T | F |
| I don't usually get tricked by people who say they need my help. | T | F |
| Most people view me as innovative. | T | F |
| I am often agitated or irritated. | T | F |
| I have fantasies of unlimited power. | T | F |

| | | |
|---|---|---|
| I love spending money. | T | F |
| I dominate others in my relationships. | T | F |
| I am very hard on myself. | T | F |
| I react aggressively to criticism, often becoming defensive in front of others. | T | F |

Character

| | | |
|--|---|---|
| Some individuals view me as tough-minded. | T | F |
| Most people view me as achievement orientated. | T | F |
| Some people say that I am irrational. | T | F |
| I will do anything to reach a goal. | T | F |
| I value a religious philosophy. | T | F |
| Incompetence makes me angry. | T | F |
| I have high standards for myself and others. | T | F |

TOTAL NUMBER OF T RESPONSES:

2A

Memory & Attention

| | | |
|---|---|---|
| My memory is very strong. | T | F |
| I am a good listener. | T | F |
| I am good at remembering stories. | T | F |
| I usually do not forget a face. | T | F |
| I am very creative. | T | F |
| I have an excellent attention span and rarely miss a thing. | T | F |
| I have many good hunches. | T | F |
| I notice everything going on around me. | T | F |
| I have a good imagination. | T | F |

Physical

| | | |
|---|---|---|
| I tend to have a slow pulse. | T | F |
| My body has excellent tone. | T | F |
| I have a great figure/build. | T | F |
| I have low cholesterol. | T | F |
| When I eat, I love to experience the aromas and the beauty of the food. | T | F |
| I love yoga and stretching my muscles. | T | F |
| During sex I am very sensual. | T | F |
| I have had an eating disorder at some point in my life. | T | F |
| I have tried many alternative remedies. | T | F |

Personality

| | | |
|---|---|---|
| I am a perpetual romantic. | T | F |
| I am in touch with my feelings. | T | F |
| I tend to make decisions based on hunches. | T | F |
| I like to speculate. | T | F |
| Some people say I have my head in the clouds. | T | F |
| I love reading fiction. | T | F |
| I have a rich fantasy life. | T | F |

| | | |
|---|---|---|
| I am very creative when solving problems. | T | F |
| I am very expressive; I like to talk about what's bothering me. | T | F |
| I am buoyant. | T | F |
| I believe that it is possible to have mystical experience. | T | F |
| I believe in being a soul mate. | T | F |
| Sometimes the mystical can excite me. | T | F |
| I tend to over react to my body. | T | F |
| I find it easy to change; I am not set in my ways. | T | F |
| I am deeply in touch with my emotions. | T | F |
| I tend to love someone one minute and hate him or her the next. | T | F |
| I am flirtatious. | T | F |
| I don't mind spending money if it benefits my relationships. | T | F |
| I tend to fantasize when I am having sex. | T | F |
| My relationships tend to be filled with romance. | T | F |
| I love watching romantic movies. | T | F |
| I take risks in my love life. | T | F |

Character

| | | |
|--|---|---|
| I foresee a better future. | T | F |
| I am inspired to help other people. | T | F |
| I believe that all things are possible, particularly for those that are devoted. | T | F |
| I am good at creating harmony between people. | T | F |
| Charity and altruism come from the heart and have plenty of both. | T | F |
| Others think of me as having vision. | T | F |
| My thoughts on religion often change. | T | F |
| I am an idealist but not a perfectionist. | T | F |
| I am happy with someone who just treats me right. | T | F |

TOTAL NUMBER OF T RESPONSES:

3A

Memory & Attention

| | | |
|---|---|---|
| I have a stable attention span and can follow other people's logic. | T | F |
| I enjoy reading people more than books. | T | F |
| I retain most of what I hear. | T | F |
| I can remember facts that people tell me. | T | F |
| I learn from my experiences. | T | F |
| I am good at remembering names. | T | F |
| I can focus very well on tasks and people's stories. | T | F |

Physical

| | | |
|---|---|---|
| I find it easy to relax. | T | F |
| I am a calm person. | T | F |
| I find it east to fall asleep at night. | T | F |
| I tend to have high endurance. | T | F |
| I have low blood pressure. | T | F |
| I do not have a family history of stroke. | T | F |

| | | |
|--|---|---|
| When it comes to sex, I am not very experimental. | T | F |
| I have little muscle tension. | T | F |
| Caffeine has little effect on me. | T | F |
| I take my time eating my meals. | T | F |
| I sleep well. | T | F |
| I don't have many harmful food cravings such as sugar. | T | F |
| Exercising is a regimented habit for me. | T | F |

Personality

| | | |
|--|---|---|
| I am not very adventurous. | T | F |
| I do not have a temper. | T | F |
| I have a lot of patience. | T | F |
| I don't enjoy philosophy. | T | F |
| I love watching sitcoms about families. | T | F |
| I dislike movies about other worlds or universes. | T | F |
| I am not a risk taker. | T | F |
| I keep past experiences in mind before I make decisions. | T | F |
| I am a realistic person. | T | F |
| I believe in closure. | T | F |
| I like facts and details. | T | F |
| When I make a decision, it's permanent. | T | F |
| I like to plan my day, week, month, etc. | T | F |
| I collect things. I am a little sad. | T | F |
| I'm afraid of confrontations and altercations. | T | F |
| I save up a lot of money in the event of a crisis. | T | F |
| I tend to create strong, lasting bonds with others. | T | F |
| I am a stable pillar in people's lives. | T | F |

Character

| | | |
|--|---|---|
| I believe in the adage "Early to bed, early to rise". | T | F |
| I believe in meeting deadlines. | T | F |
| I try to please others as best I can. | T | F |
| I am a perfectionist. | T | F |
| I am good at maintaining long-lasting relationships. | T | F |
| I pay attention to where my money goes. | T | F |
| I believe the world would be more peaceful if people would improve their morals. | T | F |
| I am very loyal and devoted to my loved ones. | T | F |
| I have high ethical standards that I live by. | T | F |
| I pay close attention to laws , principles and policies. | T | F |
| I believe in participating in service for the community. | T | F |

TOTAL NUMBER OF T RESPONSES:

4A

Memory & Attention

| | | |
|---|---|---|
| I can easily concentrate on manual labor tasks. | T | F |
| I have good visual memory. | T | F |

| | | |
|--|---|---|
| I am very perceptive. | T | F |
| I am an impulsive thinker. | T | F |
| I live in the here and now. | T | F |
| I tend to say, "Tell me the bottom line". | T | F |
| I am a slow book learner, but I learn easily form experience. | T | F |
| I need to experience something or work at it hands-on in order to understand it. | T | F |

Physical

| | | |
|---|---|---|
| I sleep too much. | T | F |
| When it comes to sex I am very experimental. | T | F |
| I have low-blood pressure. | T | F |
| I am very action-orientated. | T | F |
| I am very handy to have around the house. | T | F |
| I am very active outdoors. | T | F |
| I engage in daring activities such as skydiving and motorcycle riding. | T | F |
| I can solve problems spontaneously. | T | F |
| I rarely have carbohydrate cravings. | T | F |
| I usually grab a quick meal on the run. | T | F |
| I am not very consistent with my exercise routine; I may exercise daily for three weeks and then skip it for a month. | T | F |

Personality

| | | |
|--|---|---|
| I live life in the immediate moment. | T | F |
| I like to perform/entertain in public. | T | F |
| I tend to gather facts in an unorganized manner. | T | F |
| I am very flexible. | T | F |
| I am a great negotiator. | T | F |
| I often just like to "eat, drink & be merry". | T | F |
| I am dramatic. | T | F |
| I am very artistic. | T | F |
| I am a good craftsman. | T | F |
| I am a risk taker when it comes to sports. | T | F |
| I believe in physics. | T | F |
| I can easily take advantage of others. | T | F |
| I am cynical of other's philosophies. | T | F |
| I like to have fun. | T | F |
| My favorite types of movies are horror flicks. | T | F |
| I am fascinated with weapons. | T | F |
| I rarely stick to a plan or agenda. | T | F |
| I have trouble remaining faithful. | T | F |
| I am easily able to separate and move on when relationships with loved ones end. | T | F |
| I don't pay much attention to how I spend money. | T | F |
| I have many frivolous relationships. | T | F |

Character.

| | | |
|---|---|---|
| I always keep my opinions open in case something better comes up. | T | F |
| I don't like working hard for long periods of time. | T | F |
| I believe things should have a function and a purpose. | T | F |
| I am optimistic. | T | F |
| I live in the moment. | T | F |
| I pray only when in need of spiritual support. | T | F |
| I don't have particularly high morals and ethical values. | T | F |
| I do what I want, when I want to. | T | F |
| I don't care about being perfect; I just live my life. | T | F |
| Savings are for suckers. | T | F |

TOTAL NUMBER OF T RESPONSES: _____

Results

- 1A. Total number of T responses: dopamine nature. _____
- 2A. Total number of T responses: acetylcholine nature. _____
- 3A. Total number of T responses: GABA nature. _____
- 4A. Total number of T responses: serotonin nature. _____

Dr. Eric Braverman's: Defining Your Deficiencies Assessment

Please answer each question by either circling T for true or F for false. At the end of each group please add up only the total number of true responses.

1B

Memory & Attention

| | | |
|--|---|---|
| I have trouble paying consistent attention and concentrating. | T | F |
| I need caffeine to wake up. | T | F |
| I cannot think quickly enough. | T | F |
| I do not have a good attention span. | T | F |
| I have trouble getting through a task even when it is interesting to me. | T | F |
| I am slow in learning new ideas. | T | F |

Physical

| | | |
|---|---|---|
| I crave sugar. | T | F |
| I have decreased libido. | T | F |
| I sleep too much. | T | F |
| I have a history of alcohol or addiction. | T | F |
| I have recently felt worn out for no apparent reason. | T | F |
| I sometimes experience total exhaustion without even exerting myself. | T | F |
| I have always battled a weight problem. | T | F |
| I have little motivation for sexual experiences. | T | F |
| I have trouble getting out of bed in the morning. | T | F |
| I have a craving for cocaine, amphetamines or Ecstasy. | T | F |

Personality

| | | |
|--------------------------------------|---|---|
| I feel just fine following others. | T | F |
| People seem to take advantage of me. | T | F |
| I am feeling very down or depressed. | T | F |
| People have told me I am too mellow. | T | F |
| I have little urgency. | T | F |
| I let people criticize me. | T | F |
| I always look to other to lead me. | T | F |

TOTAL NUMBER OF T RESPONSES: _____

2B

Memory & Attention.

| | | |
|--|---|---|
| I lack imagination. | T | F |
| I have difficulty remembering names when I first meet people. | T | F |
| I have noticed that my memory ability is decreasing. | T | F |
| My significant other tells me that I don't have romantic thoughts. | T | F |
| I can't remember my friends birthdays. | T | F |

Physical

| | | |
|------------------|---|---|
| I have insomnia. | T | F |
|------------------|---|---|

| | | |
|--|---|---|
| I have lost muscle tone. | T | F |
| I don't exercise anymore. | T | F |
| I crave fatty foods. | T | F |
| I have experimented with hallucinogenics or illicit drugs. | T | F |
| I feel like my body is falling apart. | T | F |
| I can't breathe easily. | T | F |

Personality

| | | |
|--|---|---|
| I don't feel joy very often. | T | F |
| I feel despair. | T | F |
| I protect myself from being hurt by others by never telling much about myself. | T | F |
| I find it more comfortable to do things alone rather than in a large group. | T | F |
| Other people get angrier about bothersome things than I do. | T | F |
| I give easily and tend to be submissive. | T | F |
| I rarely feel passionate about anything. | T | F |
| I like routine. | T | F |

Character

| | | |
|---|---|---|
| I don't care about anyone's stories but mine. | T | F |
| I don't pay attention to people's feelings. | T | F |
| I don't feel buoyant. | T | F |
| I am obsessed with my deficiencies. | T | F |

TOTAL NUMBER OF T RESPONSES:

3B

Memory & Attention

| | | |
|--|---|---|
| I find it difficult to concentrate because I am nervous and jumpy. | T | F |
| I can't remember phone numbers. | T | F |
| I have trouble finding the right word. | T | F |
| I have trouble remembering things when I am put on the spot. | T | F |
| I know I am intelligent, but it is hard to show others. | T | F |
| My ability to focus comes and goes. | T | F |
| When I read, I find I have to go back over the same paragraph a few times to absorb the information. | T | F |
| I am a quick thinker but I can't always say what I mean. | T | F |

Physical

| | | |
|---|---|---|
| I feel shaky. | T | F |
| I sometimes tremble. | T | F |
| I have frequent backaches and/or headaches. | T | F |
| I tend to have shortness of breath. | T | F |
| I tend to have heart palpitations. | T | F |
| I tend to have cold hands. | T | F |
| Sometimes I sweat too much. | T | F |
| I am sometimes dizzy. | T | F |
| I often have muscle tension. | T | F |

| | | |
|---|---|---|
| I tend to get butterflies in my stomach. | T | F |
| I crave bitter foods. | T | F |
| I am often nervous. | T | F |
| I like yoga because it helps me relax. | T | F |
| I often feel fatigued even when I have had a good nights sleep. | T | F |
| I overeat. | T | F |

Personality.

| | | |
|---|---|---|
| I have mood swings. | T | F |
| I enjoy doing many things at one time, but I find it difficult to decide which to do first. | T | F |
| I tend to do things just because I think they'd be fun. | T | F |
| When things are dull, I always try to introduce some excitement. | T | F |
| I tend to be fickle, changing my mood and thoughts frequently. | T | F |
| I tend to get overly excited about things. | T | F |
| My impulses tend to get me into a lot of trouble. | T | F |
| I tend to be theatrical and draw attention to myself. | T | F |
| I speak my mind no matter what the reaction of others may be. | T | F |
| I sometimes have fits of rage and then feel terribly guilty. | T | F |
| I often tell lies to get out of trouble. | T | F |
| I have always had less interest that the average person in sex. | | |

Character

| | | |
|--|---|---|
| I don't play by the rules anymore. | T | F |
| I have lost many of my friends. | T | F |
| I can't sustain romantic relationships. | T | F |
| I consider the law arbitrary and without reason. | T | F |
| I now consider rules that I used to follow ridiculous. | T | F |

TOTAL NUMBER OF T RESPONSES:

4B

Memory & Attention

| | | |
|---|---|---|
| I am not very perceptive. | T | F |
| I can't remember things that I've seen in the past. | T | F |
| I have slow reaction time. | T | F |
| I have a poor sense of direction. | T | F |

Physical

| | | |
|---|---|---|
| I have night sweats. | T | F |
| I have insomnia. | T | F |
| I tend to sleep in many different positions in order to feel comfortable. | T | F |
| I always awake early in the morning. | T | F |
| I can't relax. | T | F |
| I wake up at least two times per night. | T | F |
| It is difficult for me to fall back asleep when I am awakened. | T | F |
| I crave salt. | T | F |

| | | |
|---------------------------------|---|---|
| I have less energy to exercise. | T | F |
| I am sad. | T | F |

Personality.

| | | |
|--|---|---|
| I have chronic anxiety. | T | F |
| I am easily irritated. | T | F |
| I have thoughts of self-destruction. | T | F |
| I have had suicidal thoughts in my life. | T | F |
| I tend to dwell on ideas too much. | T | F |
| I am sometimes so structured that I become inflexible. | T | F |
| My imagination takes over me. | T | F |
| My fear grips me. | T | F |

Character

| | | |
|--|---|---|
| I can't stop thinking about the meaning of life. | T | F |
| I no longer want to take risks. | T | F |
| The lack of meaning in my life is painful to me. | T | F |

TOTAL NUMBER OF T RESPONSES: _____

Results

| | |
|--|-------|
| 1A. Total number of T responses: dopamine deficiencies. | _____ |
| 2A. Total number of T responses: acetylcholine deficiencies. | _____ |
| 3A. Total number of T responses: GABA deficiencies. | _____ |
| 4A. Total number of T responses: serotonin deficiencies. | _____ |

Questionnaires in this package were adapted from Dr. Eric Braverman's *The Edge Effect: Reverse or Prevent Alzheimer's, Aging, Memory Loss, Weight Gain, Sexual Dysfunction, and More.*

The *Male Symptom Checklist* is courtesy of ZRT Laboratory , and the *Adrenal Health Questionnaire* is courtesy of Ortho Molecular Products .

Aesthetic & Anti-Aging Medicine Center
 1132 Hillcrest Road,
 Mobile, AL 36695

Phone: 251 779-1380

<http://aestheticanti-agingcenter.com>

