

Health Check – Neurotransmitter Symptom Review

Please review the symptom checklist below and indicate any symptoms you are experiencing

Symptom	None	Mild	Moderate	Severe	
Increased Forgetfulness					Mood Disorders, Low Inhibitory Function, Low Progesterone
Foggy Thinking					
Difficulty Concentrating					
Tearful					
Depressed					
Mood Swings					
Sore Muscles					Metabolic Syndrome, Low Androgens, Low Inhibitory Function
Increased Muscle Mass					
Loss of Muscle Mass					
Joint Pain					
General Aches and Pains					
Overall Increased Pain					
Decreased Mental Sharpness					Thyroid Dysfunction, Excitatory Imbalance
Decreased Libido					
Weight Gain					
Cold Extremities					
Cold Body Temperature					
Slow Pulse Rate					
Rapid Heartbeat					HPA Axis Dysfunction
Heart Fluttering/Palpitations					
Stress					
Anxious					
Irritable					
Nervous					
Burned Out Feeling					
Morning Fatigue					
Afternoon Fatigue					
Evening Fatigue					
Difficulty Getting Asleep					
Difficulty Staying Asleep					
Decreased Stamina					
Fibromyalgia					
Allergies					
Headaches/Migraines					
Sugar Cravings					
Craving Food, Alcohol, Tobacco, or Other					
Addictive Behavior					
Dizzy Spells					
Hot Flashes					Low Inhibitory Function, Low Estrogen
Night Sweats					