

**Category 9**

Cannot fall asleep .....  
Perspire easily .....  
Under high amounts of stress .....  
Weight gain when under stress .....  
Wake up tired even after 6 or more hours of sleep .....  
Excessive perspiration with little or no activity .....

**Category 10**

Tired, sluggish .....  
Feel cold- hands, feet, all over .....  
Increase in weight gain even with a low calorie diet .....  
Gains weight easily .....  
Difficult, infrequent bowel movements .....  
Depression, lack of motivation .....  
Outer third of eyebrow thins .....  
Dryness of skin and/ or scalp .....  
Mental sluggishness .....  
Requires excessive amounts of sleep to function properly .....  
Morning headaches that wear off as the day progresses .....  
Thinning of hair/ excessive falling out .....

**Category 11**

Difficulty gaining weight .....  
Heart palpitations .....  
Inward trembling .....  
Increased pulse, even at rest .....  
Nervousness and emotional .....  
Insomnia .....  
Night sweats .....

**Category 12**

Diminished sex drive .....  
Menstrual disorders or lack of menstruation .....  
Increased ability to eat sugars without symptoms .....

**Category 13**

"Splitting" types of headaches .....  
Tolerance to sugars reduced .....  
Increased sex drive .....

**Category 14 (males only)**

Urination difficulty or dribbling .....  
Leg nervousness at night .....  
Feeling of incomplete bowel evacuation .....  
Pain inside legs or heels .....  
Frequent urination .....

**Category 15 (males only)**

Decrease in libido .....  
Decrease in spontaneous morning erections .....  
Decrease in fullness of erections .....  
Difficulty maintaining morning erections .....  
Spells of mental fatigue .....  
Inability to concentrate .....  
Episodes of depression .....  
Muscle soreness .....  
Decrease in physical stamina .....  
Unexplained weight gain .....  
Sweating attacks .....  
More emotional than in the past .....  
Increase in fat distribution (chest & hips) .....

**Category 16 (menstruating females only)**

Are you menopausal .....  
Alternating cycle lengths .....  
Extended menstrual cycle (greater than 32 days) .....  
Shortened menses (less than every 24 days) .....  
Scanty blood flow .....  
Facial hair growth .....  
Hair loss/ thinning .....  
Pain and cramping during periods .....  
Heavy blood flow .....  
Breast pain and swelling during menses .....  
Pelvic pain during menses .....  
Irritable and depressed during menses .....  
Acne break outs .....

**Category 17 (menopausal women only)**

How many years have you been menopausal? .....  
Do you ever have uterine bleeding since becoming menopausal? .....  
Hot flashes .....  
Mental Fogginess .....  
Disinterest in sex .....  
Painful intercourse .....  
Shrinking breast .....  
Mood swings .....  
Depression .....  
Facial hair growth .....  
Acne .....  
Increased vaginal pain, dryness, or itching .....