



Use this tool to assist you in discovering which Wellness Program is the best option for you.

Simply go through each section and check each symptom you are experiencing.

Once complete we can guide you to the Wellness Program that would be best.

### HORMONE RELATED SYMPTOMS-MALE

- Acne
- Aggressive behavior
- Flexibility decreased
- Hair or skin oily
- Prostate problems
- Urinary urge increased
- Urine flow decreased
- Weight gain-breast or hips

### STRESS RELATED SYMPTOMS-MALE

- Blood pressure low
- Blood sugar low
- Chemical sensitivity
- Cholesterol high
- Constipation
- Dizzy spells
- Goiter
- Hair-dry or brittle
- Hearing loss
- Hoarseness
- Infertility
- Nails-breaking
- Numbness-feet or hands
- Pulse rate slow
- Sweating decreased
- Swelling or puffy eyes/face

### BOTH HORMONE AND STRESS RELATED SYMPTOMS-MALE

- Allergies
- Anxious
- Apathy
- Blood pressure high
- Body temperature cold
- Bone loss
- Burned out feeling
- Depressed
- Erections decreased
- Fatigue-evening
- Fatigue-mental
- Fatigue-morning
- Forgetfulness
- Headaches
- Heart palpitations
- Hot flashes
- Irritable
- Joint pain
- Libido decreased
- Mental sharpness decreased
- Muscle size decreased
- Muscle soreness
- Neck or back pain
- Nervous
- Night sweats
- Rapid aging
- Ringing in ears
- Skin thinning
- Sleeping difficulty
- Stamina decreased
- Sugar cravings
- Triglycerides elevated
- Weight gain-waist