



## Hormonal (Endocrine) System Inflammation Assessment

	NEVER: 0	RARELY: 1	SOMETIMES: 2	OFTEN: 3	ALWAYS: 4
Do you tend to have fatigue and/or headaches in the afternoons, then get a second wind in the evening, which causes you to stay up late?					
Do you feel dizzy when you stand up suddenly?					
Do you often crave salty foods?					
Are your hands and feet often cold, even when your environment is warm?					
Do you sleep excessively, or feel as if you could sleep all day and still sleep at night?					
Are the outer thirds of your eyebrows thinning or missing?					

	NEVER: 0	RARELY: 1	SOMETIMES: 2	OFTEN: 3	ALWAYS: 4
Has your sex drive disappeared? Are you rarely if ever “in the mood”?					
<b>For women:</b> Are you experiencing irregular, painful, or unusually heavy menstrual periods? <b>For men:</b> Have you recently experienced any new occurrence of erectile dysfunction?					

HORMONAL (ENDOCRINE) SYSTEM INFLAMMATION SCORE: \_\_\_\_\_