

305 Londonderry Drive, suite 3 • Waco, Texas 76712 • (254) 741-6030

Name _____

(Each member of the couple should fill out their own copy of this questionnaire.)

Tired – Women and Men

- My metabolism is slow and I gain weight easily
- I have been diagnosed with hypothyroidism
- I feel cold a lot of the time
- I am often tired and don't have much motivation
- I need a lot of sleep
- I am sometimes short of breath
- I perspire easily
- I have hemorrhoids
- I have varicose veins
- I am prone to worry or tend to overthink things
- I crave carbohydrates
- I am overweight
- I bruise easily
- My libido is low
- I have trouble concentrating
- I catch colds easily
- It takes me a long time to recover from illnesses
- My complexion is pale
- My energy is low after meals and I get bloated
- I sometimes have dark circles under my eyes
- I often have loose stools, abdominal pain, or gas
- My appetite is erratic
- My muscles feel weak
- I am prone to low back or knee pain
- I have poor circulation
- I prefer hot weather; I feel worse when it is cold
- I prefer hot drinks
- I have to urinate frequently
- I retain water

Tired – For Women Only

- I have spotting before my period starts
- My period is heavy but short – it seems to come all at once
- My menstrual cycle is long
- I frequently have profuse vaginal discharge that has no odor
- I have diarrhea or loose stools before my period starts
- I get menstrual cramps that are relieved with heat
- I have a prolapsed uterus or bladder
- I have been diagnosed with low progesterone or luteal phase defect

Tired – For Men Only

- I have a low libido
- I sometimes have trouble maintaining an erection
- I have been diagnosed with poor sperm motility or a low sperm count

Dry – Women and Men

- I have night sweats
- My skin, nails, and hair are dry
- I have dry eyes
- I often feel hot, even when others are comfortable
- I sometimes feel feverish in the afternoon
- I wake up during the night
- I am often thirsty
- My mouth and throat feel dry
- I tend to be constipated
- I have ringing in my ears
- My bowel movements are hard and dry
- I prefer cooler weather
- I prefer cold drinks
- My hands and feet tend to be hot and sweaty
- My chest sweats at night
- I flush easily or have a red face
- I am often anxious or uneasy
- I am thin
- I am restless and fidgety
- I am tired a lot
- I am a restless sleeper
- I have vivid and/or restless dreams

Dry – For Women Only

- My vagina feels dry and unlubricated
- I have been diagnosed with low estrogen or high FSH
- I have experienced hot flashes
- My menstrual cycle is short and my period is heavy and bright red
- I have very little cervical mucus
- My menstrual cycle is long and my period is short and light

Dry – For Men Only

- Sometimes I ejaculate prematurely
- I have low semen volume and/or low sperm count
- I have a strong sex drive
- I sometimes suffer from erectile dysfunction

Stuck – Women and Men

- I am often irritable
- I feel tense or overwhelmed
- My bowel movements are thin and long like a ribbon

305 Londonderry Drive, suite 3 • Waco, Texas 76712 • (254) 741-6030

- I have a hard time falling asleep at night
- My bowel movements are small like pebbles
- My ribs or flanks are painful or uncomfortable
- I feel better or have more energy after exercising
- I am stressed out
- I sigh a lot
- I get migraine headaches
- I grind my teeth at night
- I have tense muscles
- I have poor circulation
- I feel as if I can't quite clear my throat
- I have a nervous stomach and often feel nauseated
- I have cold hands and feet
- I get diarrhea when I am stressed
- I have cold hands and feet

Stuck – For Women Only

- I have cramps with my period
- My breasts are sore premenstrually
- I have mood swings and/or irritability
- I have PMS
- I have been diagnosed with fibroids or uterine polyps
- I have been diagnosed with endometriosis
- I have been diagnosed with elevated prolactin levels
- I have an irregular menstrual cycle
- My period stops and starts
- My period is very light
- My period is very heavy
- My menstrual flow is clotty, brown, or black

Stuck – For Men Only

- I have been diagnosed with a testicular varicocele

Pale – Women and Men

- My face and/or lips are pale
- My nail beds are pale
- My nails are dry and break easily
- I get dizzy easily, especially if I stand up quickly
- I have blurry vision or floaters
- I have trouble falling asleep
- I am tired
- My hair is thin and/or dry
- I have been experiencing hair loss
- I am vegetarian or vegan
- Sometimes I get palpitations
- I often feel shaky
- My muscles are tight and it doesn't take much for me to injure them

Pale – For Women Only

- I have light menstrual flow
- I have a period that lasts three days or less
- Sometimes I miss periods altogether or my periods are late
- My menstrual blood is pink instead of bright red
- I get weepy and needy premenstrually
- I have dull pain in my abdomen or back after my period is over

Pale – For Men Only

- I have been diagnosed with a low sperm count or low semen volume
- Sometimes my libido is low

Phlegmy – Women and Men

- I have trouble controlling my weight
- My thinking often feels clouded, I have difficulty concentrating
- I have sinus problems, seasonal allergies, or a chronic cough
- I have a tendency toward swelling or edema
- My hands or feet swell
- I often feel tired or sluggish
- I get achy joints
- There is mucus in my bowel movements
- I have a lot of phlegm in my nose, throat, or chest
- I have cystic or pustular acne
- My arms and legs feel heavy
- My urine is cloudy or smells bad
- My mouth feels greasy
- I feel bloated

Phlegmy – For Women Only

- I often get yeast infections
- I have polycystic ovarian syndrome
- I have been diagnosed with fibroids or uterine polyps
- I have fibrocystic breasts
- I have been diagnosed with endometriosis
- I have painful periods with lots of mucus and clots
- I have lots of clear, odorless vaginal discharge

Phlegmy – For Men Only

- I have a discharge from my penis
- My urination feels interrupted or incomplete