

Test yourself for Melatonin Deficiency

	Signs and symptoms of Melatonin Deficiency	No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I look older than I am	0	1	2	3	4
2.	I have trouble falling asleep at night	0	1	2	3	4
3.	I wake up during the night	0	1	2	3	4
4.	... and I can't get back to sleep	0	1	2	3	4
5.	My mind is busy with anxious thoughts while I'm trying to fall asleep	0	1	2	3	4
6.	My feet are too hot at night	0	1	2	3	4
7.	When I get up, I don't feel rested	0	1	2	3	4
8.	I feel like I'm living out-of-synch with the world, going to bed late and waking up late	0	1	2	3	4
9.	I can't tolerate jet lag	0	1	2	3	4
10.	I smoke, drink and/or use a beta-blocker or a sleep aid	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible melatonin deficiency				
	21 or more	Probable melatonin deficiency				

Test yourself for Growth Hormone Deficiency

	Signs and symptoms of Growth Hormone Deficiency	No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My hair is thinning	0	1	2	3	4
2.	My cheeks sag	0	1	2	3	4
3.	My gums are receding	0	1	2	3	4
4.	My abdomen is flabby, I've got a "spare tire"	0	1	2	3	4
5.	My muscles are slack	0	1	2	3	4
6.	My skin is thin and/or dry	0	1	2	3	4
7.	It's hard to recover after physical activity	0	1	2	3	4
8.	I feel exhausted	0	1	2	3	4
9.	I don't like the world. I tend to isolate myself.	0	1	2	3	4
10.	I feel continuously anxious and worried	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible growth hormone deficiency				
	21 or more	Probable growth hormone deficiency				

Test yourself for Thyroid Deficiency

	Signs and symptoms of Thyroid Deficiency	NoNever	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I'm sensitive to cold	0	1	2	3	4
2.	My hands and feet are always cold	0	1	2	3	4
3.	In the morning my face is puffy and my eyelids are swollen	0	1	2	3	4
4.	I put on weight easily	0	1	2	3	4
5.	I have dry skin	0	1	2	3	4
6.	I have trouble getting up in the morning	0	1	2	3	4
7.	I feel more tired at rest than when I am active	0	1	2	3	4
8.	I am constipated	0	1	2	3	4
9.	My joints are stiff in the morning	0	1	2	3	4
10.	I feel like I'm living in slow-motion	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible thyroid deficiency				
	21 or more	Probable thyroid deficiency				

Test yourself for Cortisol Deficiency

	Signs and symptoms of Cortisol Deficiency	No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My face looks thinner	0	1	2	3	4
2.	My friends call me skinny	0	1	2	3	4
3.	I have eczema, psoriasis, urticaria ("nettle rash"), skin allergies or other rashes.	0	1	2	3	4
4.	My heart beats quickly	0	1	2	3	4
5.	My blood pressure is low	0	1	2	3	4
6.	I crave salt or sugar (to the extent of bingeing)	0	1	2	3	4
7.	I have digestive problems	0	1	2	3	4
8.	I have allergies (hay fever, asthma, etc.)	0	1	2	3	4
9.	I'm stressed out	0	1	2	3	4
10.	I'm easily confused	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible cortisol deficiency				
	21 or more	Probable cortisol deficiency				

Test yourself for DHEA Deficiency

Signs and symptoms of DHEA Deficiency		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My hair is dry	0	1	2	3	4
2.	My skin and eyes are dry	0	1	2	3	4
3.	My muscles are flabby	0	1	2	3	4
4.	My belly is getting fat	0	1	2	3	4
5.	I don't have much hair under my armpits (0=plenty of hair / 4=hairless)	0	1	2	3	4
6.	I don't have much hair in the pubic area (0=plenty of hair / 4=hairless)	0	1	2	3	4
7.	I don't have much fatty tissue in the pubic area (Flat "mount of Venus" in women). (0=padded/ 4= flat)	0	1	2	3	4
8.	My body doesn't have much of a special scent during sexual arousal	0	1	2	3	4
9.	I can't tolerate noise.	0	1	2	3	4
10.	My libido is low	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible DHEA deficiency				
	21 or more	Probable DHEA deficiency				

Test yourself for Pregnenolone Deficiency

Signs and symptoms of Pregnenolone Deficiency		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I have memory loss	0	1	2	3	4
2.	My joints hurt (fingers, wrists, elbows, feet, ankles, knees)	0	1	2	3	4
3.	I'm feeling a bit drained and I have a hard time handling stress	0	1	2	3	4
4.	I don't see colors as brightly as before.	0	1	2	3	4
5.	I have lost interest in art; I don't appreciate art as much anymore	0	1	2	3	4
6.	I don't have much hair under my arms or in the pubic area (0=plenty of hair / 4=hairless)	0	1	2	3	4
7.	My muscles are flabby	0	1	2	3	4
8.	I have abundant, light-colored urine during the day	0	1	2	3	4
9.	I have low blood pressure	0	1	2	3	4
10.	I crave salty foods	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible pregnenolone deficiency				
	21 or more	Probable pregnenolone deficiency				

Test yourself for Aldosterone Deficiency

Signs and symptoms of Aldosterone Deficiency		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I have sunken eyes (deep in the orbits)	0	1	2	3	4
2.	My wrinkles are sharp and deep	0	1	2	3	4
3.	I urinate too many times a day	0	1	2	3	4
4.	I crave salty foods	0	1	2	3	4
5.	My blood pressure is low	0	1	2	3	4
6.	I feel dizzy when I stand up	0	1	2	3	4
7.	I have difficulties in focusing with my eyes objects when I stand up	0	1	2	3	4
8.	I feel much better lying down than standing up	0	1	2	3	4
9.	I hear not well	0	1	2	3	4
10.	I am often absent-minded, as if I am here and in another world	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Aldosterone deficiency				
	21 or more	Probable Aldosterone deficiency				

Test yourself for Estrogen Deficiency

Signs and symptoms of Estrogen Deficiency in women		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I am losing hair on top of my head	0	1	2	3	4
2.	I'm getting thin vertical wrinkles above my lips	0	1	2	3	4
3.	My breasts are droopy	0	1	2	3	4
4.	My face is too hairy	0	1	2	3	4
5.	My eyes are dry and easily irritated	0	1	2	3	4
6.	I have hot flashes	0	1	2	3	4
7.	I feel tired constantly	0	1	2	3	4
8.	I am depressed	0	1	2	3	4
9.	My menstrual flow is light(0=moderate/ 1-3=low/ 4=none)	0	1	2	3	4
10.	Women with periods: My cycles are irregular, too short (less than 27 days) or too long (more than 31 days)	0	1	2	3	4
	Women without periods: I do not feel like making love anymore					
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Estrogen deficiency				

	21 or more	Probable Estrogen deficiency
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Test yourself for Progesterone Deficiency

Signs and symptoms of Progesterone Deficiency		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My breasts are large	0	1	2	3	4
2.	My close friends complain I'm nervous and agitated	0	1	2	3	4
3.	I feel anxious	0	1	2	3	4
4.	I sleep lightly and restlessly	0	1	2	3	4
For women who have not yet reached menopause, and menopausal women who are taking hormone replacement therapy (estrogen or estrogen/progesterone).						
5.	My breasts are swollen and tender or painful before my period	0	1	2	3	4
6.	...and my lower belly is swollen	0	1	2	3	4
7.	...and I'm irritable and aggressive	0	1	2	3	4
8.	...and I lose my self-control	0	1	2	3	4
9.	I have heavy periods ...	0	1	2	3	4
10.	...and they are continuously painful	0	1	2	3	4
		Total				
		Overall total				
First 4 questions		First 8	10 questions			
Score	4 or less	8 or less	10 or less	Satisfactory level		
	Between 4 - 8	Between 8 - 16	10 - 20	Possible Progesterone deficiency		
	8 or more	8 or more	21 or more	Probable Progesterone deficiency		

Test yourself as a woman for Testosterone Deficiency

Signs and symptoms of Testosterone Deficiency in women		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My face has gotten slack, and more wrinkled	0	1	2	3	4
2.	I've lost muscle tone	0	1	2	3	4
3.	My belly tends to get fat	0	1	2	3	4
4.	My thighs show up with cellulite	0	1	2	3	4
5.	My legs have varicose veins	0	1	2	3	4
6.	I'm constantly tired	0	1	2	3	4
7.	I am often hesitant, undecided	0	1	2	3	4
8.	I can have excessive emotions, even hysterical reactions	0	1	2	3	4
9.	I feel like making love less often than I used to	0	1	2	3	4
10.	I have difficulties to reach orgasm	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Testosterone deficiency				
	21 or more	Probable Testosterone deficiency				

Test yourself as a man for Testosterone Deficiency

Signs and symptoms of Testosterone Deficiency in men		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My face has gotten slack, and more wrinkled	0	1	2	3	4
2.	I've lost muscle tone	0	1	2	3	4
3.	My breasts are getting fatty	0	1	2	3	4
4.	My belly tends to get fat	0	1	2	3	4
5.	I have hot flashes and sweats	0	1	2	3	4
6.	I'm constantly tired	0	1	2	3	4
7.	I tire easily with physical activity	0	1	2	3	4
8.	I feel less self-confident and more hesitant	0	1	2	3	4
9.	I feel like making love less often than I used to	0	1	2	3	4
10.	My sexual performance is poorer than it used to be	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Testosterone deficiency				
	21 or more	Probable Testosterone deficiency				

Test yourself as a man for Progesterone Deficiency

Signs and symptoms of Progesterone Deficiency in men		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I have male pattern baldness	0	1	2	3	4
2.	My breasts are getting fatty	0	1	2	3	4
3.	My chest and even my back are hairy	0	1	2	3	4
4.	My prostate is enlarged	0	1	2	3	4
5.	My urine flow is decreased, I need more time to urinate	0	1	2	3	4
6.	My close friends complain I'm nervous and agitated	0	1	2	3	4
7.	I feel anxious	0	1	2	3	4
8.	I lose my self-control	0	1	2	3	4
9.	My shoulders feel tensed at bedtime	0	1	2	3	4
10.	I sleep lightly and restlessly	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Progesterone deficiency				
	21 or more	Probable Progesterone deficiency				