



INFLAMMATION	
Sagging, thinning skin or wrinkling	
Spider veins or varicose veins	
Cellulite	
Eczema, skin rashes, hives or acne	
Heart disease	
Prostate enlargement or prostatitis	
Heart disease	
High cholesterol or blood pressure	
Aches and pains	
Arthritis, bursitis, tendonitis, or joint stiffness	
Water retention in hands or feet	
Gout	
Alzheimer's disease	
Parkinson's disease	
Depression	
Night eating syndrome (waking at night to binge eat)	
Fibromyalgia	
Increased pain or poor pain tolerance	
Headaches or migraines	
High alcohol consumption	
Bronchitis, allergies (food or environmental), hives or asthma worsened or developed	
Autoimmune disease	
Fat gain around "love handles" or osteoporosis	
Loss of bone density or abdomen	
Generalized overweight/weight gain/obesity	
Fatty liver (diagnosed by your doctor)	
Type 2 Diabetes	
Sleep disruption or deprivation	
Irritable bowel or inflammatory bowel disease	
Frequent gas and bloating	
Constipation, diarrhea or nausea	
INFLAMMATION TOTAL (score > 11)	

INSULIN	
Age spots & wrinkling	

Sagging skin	
Cellulite	
Skin tags	
Darker skin on brown patches on neck or underarm	
Abnormal hair growth chin or face (women)	
Vision changes or cataracts	
Infertility or irregular menses	
Shrinking or sagging breasts	
Menopause (women); Andropause or erectile dysfunction (men)	
Heart disease	
High cholesterol, high triglycerides, or high blood pressure	
Water retention in the face/puffiness	
Gout	
Poor memory, concentration, or Alzheimer's disease	
Fat gain around "love handles" or abdomen	
Fat over triceps (back of arms)	
Generalized overweight/weight gain/obesity	
Hypoglycemia; cravings for sweets, carbohydrates or constant hunger or increased appetite	
Fatigue after eating (especially carbs)	
Fatty liver (diagnosed by your doctor)	
Type 2 Diabetes	
Sleep disruption or deprivation	
INSULIN TOTAL (score > 9)	

DOPAMINE	
Fatigue, especially in morning	
Poor tolerance for exercise	
Restless leg syndrome	
Poor memory	
Parkinson's disease	
Depression	
Loss of libido	



Desert Wellness Center

Family Medicine Using Modern Science and Ancient Wisdom

Feeling a strong need for stimulation or excitement (foods, gambling, partying, sex, etc.)	
Addictive eating or binge eating	
Cravings for sweets, junk or fast food	
DOPAMINE TOTAL (score > 4)	
SEROTONIN	
PMS, characterized by hypoglycemia, sugar cravings, sweet cravings, and/or depression	
Feeling wired at night	
Lack of sweating	
Poor memory	
Loss of libido	
Depression, anxiety, irritability, or seasonal affective disorder	
Loss of motivation or competitive edge	
Low self-esteem	
Inability to make decisions	
Obsessive-compulsive disorder	
Bulimia or binge eating	
Fibromyalgia	
Increased pain or poor pain tolerance	
Headaches or migraines	
Cravings for sweets or carbs	
Constant hunger or increased appetite	
Inability to sleep in, no matter how late going to bed	
Less than 7.5 hours of sleep per night	
Irritable bowel	
Constipation	
Nausea	
Use of corticosteroids	
SEROTONIN TOTAL (score > 7)	

GABA	
PMS characterized by breast tenderness, water retention, bloating, anxiety, sleep disruptions, or headaches	

Feeling wired at night	
Aches and pains or increased muscle tension	
Irritability, tension, or anxiety	
Difficulty falling asleep or staying asleep	
Less than 7.5 hours of sleep per night	
Irritable bowel	
Frequent gas and bloating	
GABA TOTAL (score > 3)	
CORTISOL	
Wrinkling, thinning skin or skin that has lost its fullness	
Hair loss	
Infertility or absent menses (unrelated to menopause)	
Feeling wired at night	
Heart palpitations	
Loss of muscle tone in arms and legs	
Cold hands or feet	
Water retention in face/puffiness	
Poor memory or concentration	
Loss of libido	
Depression, anxiety, irritability, or seasonal affective disorder	
High alcohol consumption	
Frequently get a cold or flu	
Hives, bronchitis, allergies (food or environmental), asthma, or autoimmune disease	
Fat gain around "love handles" or abdomen	
fat on back of neck/upper back	
Difficulty building or maintaining muscle	
Loss of bone density or osteoporosis	
Cravings for sweets or carbs, hypoglycemia, or constant hunger	
Difficulty falling asleep	
Difficulty staying asleep (especially between 2 and 4 am)	



Less than 7.5 hours of sleep per night	
Irritable bowel or frequent gas and bloating	
Use of corticosteroids	
CORTISOL TOTAL (score > 8)	

DHEA	
Dry skin	
Heart disease	
Erectile dysfunction	
Low testosterone on labs	
Feeling wired at night	
Poor tolerance for exercise	
Loss of muscle tone in arms and legs	
Poor memory or concentration	
Irritability or easily agitated	
Loss of libido	
Depression	
Loss of motivation or competitive edge	
Autoimmune disease	
Fat gain around "love handles"	
Fat gain over triceps (back of arms)	
Fat gain around abdomen	
Difficulty building or maintaining muscle	
DHEA TOTAL (score > 6)	

ESTROGEN	
Spider or varicose veins	
Cellulite	
Heavy menstrual bleeding	
PMS characterized by breast tenderness, water retention, bloating, swelling, and/or weight gain	
Fibrocystic breast disease	
Prostate enlargement	
Erectile dysfunction	
Breast growth (men)	
Loss of morning erection	
Irritability, mood swings, or anxiety	

Headaches or migraines (especially in women before their menses)	
High alcohol consumption (> 4 drinks per week for women and > 7 weeks per week for men)	
Autoimmune disease or allergies	
Fat gain around "love handles" or abdomen (men)	
Fat gain at hips (women)	
Current use of hormone replacement therapy or birth control pills	
ESTROGEN TOTAL (score > 6)	

LOW PROGESTERONE	
Dry skin or skin that has lost its fullness	
Spider or varicose veins	
Hair loss	
Short menstrual cycle (<28 days) or excessively long bleeding times (> 6 days)	
PMS characterized by breast tenderness, anxiety, sleep disturbances, headaches, menstrual spotting, water retention, bloating and/or weight gain	
Infertility or absent menses (not related to menopause)	
Fibrocystic breast disease	
Menopause (women); andropause (men)	
Prostate enlargement	
Hot flashes	
Lack of sweating	
Feeling cold and/or cold hands or feet	
Heart palpitations	
Water retention	
Irritability and/or anxiety	
Loss of libido	
Headaches or migraines	
Autoimmune disease, hives, asthma or allergies	



Loss of bone density or osteoporosis	
Difficulty falling or staying asleep	
↓PROGESTERONE Total (score > 6)	

EXCESS PROGESTERONE	
Acne	
PMS characterized by depression	
Infertility	
Water retention	
Depression	
Frequently get a cold or flu	
Weight gain or difficulty losing weight	
Current use of hormone replacement therapy or birth control pills	
↑PROGESTERONE TOTAL (score > 4)	

LOW TESTOSTERONE	
Dry skin	
Thinning skin or skin has lost its fullness	
Painful intercourse	
Heart disease (men)	
Erectile dysfunction	
Andropause (men)	
Loss of morning erection	
Fatigue	
Poor tolerance for exercise	
Loss of muscle tone in arms and legs	
Poor memory or concentration	
Loss of libido	
Depression or anxiety	
Loss of motivation or competitive edge	
Headaches or migraines (men)	
Fat gain around "love handles" or abdomen (men and women)	
Difficulty building or maintaining muscle	
Loss of bone density or osteoporosis (men and women)	
Sleep apnea (men)	

Use of corticosteroids	
LOW TESTOSTERONE TOTAL (score > 7)	

EXCESS TESTOSTERONE	
Acne	
Acanthosis nigricans (women)	
Hair loss (scalp)	
Abnormal hair growth on face (women)	
Infertility	
Shrinking or sagging breasts	
Prostate enlargement	
Irritability, aggression, or easily agitated	
Fat gain around abdomen (women)	
Cravings for sweets or carbs (women)	
Constant hunger or increased appetite (women)	
Fatty liver (women)	
EXCESS TESTOSTERONE TOTAL (score > 4)	

THYROID	
Dry skin	
Acne	
Hair loss	
Brittle hair and/or nails	
PMS, infertility, long menstrual cycle (>30days), or irregular periods	
Abnormal lactation	
Fatigue	
Lack of sweating, feeling cold, or cold hands and feet	
High cholesterol	
Poor tolerance for exercise	
Heart palpitations	
Outer edge of eyebrows thinning	
Aches and pains	
Water retention/puffiness in hands or feet	
Poor memory	
Loss of libido	
Depression	



Loss of motivation or competitive edge	
Iron deficiency anemia	
Hives	
Generalized overweight/weight gain/obesity	
Constipation	
Use of corticosteroids	
Current use of synthetic hormone replacement therapy or birth control pills	
THYROID TOTAL (score > 8)	

ACETYLCHOLINE	
Poor tolerance exercise	
Loss of muscle tone in arms and legs or poor muscle function/strength	
Poor memory or concentration, decrease in memory or recall	
Difficulty building or maintaining muscle	
Difficulty falling asleep or staying asleep; disrupted sleep patterns	
Irritable bowel	
Constipation	
TOTAL (score > 3)	

MELATONIN	
Andropause (men); menopause (women)	
Night eating syndrome (waking at night to binge eat)	
High alcohol consumption	
Cravings for sweets or carbohydrates; increased appetite	
Difficulty falling asleep	
Can only fall asleep in total darkness	
Difficulty staying asleep (especially between 2 and 4 am)	
Sleep apnea	
Less than 7.5 hours sleep per night	
Use of corticosteroids	
MELATONIN TOTAL (score > 3)	

GROWTH HORMONE	
Dry skin	
Thinning of skin or skin has lost its fullness	
Sagging skin	
Menopause (women); andropause (men)	
Lack of desire to exercise	
Loss of muscle tone in arms or legs	
High alcohol consumption	
Fat gain around "love handles" or abdomen	
Difficulty building or maintaining muscle	
Loss of bone density or osteoporosis	
Generalized overweight/weight gain/obesity	
Need to fall asleep in total darkness	
Difficulty staying asleep (especially between 2 and 4 am)	
Sleep apnea	
Use of corticosteroids	
GROWTH HORMONE TOTAL (score > 5)	