

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

## **HORMONE IMBALANCE – INSULIN** | Please check all that applies

Once I start eating carbs I cannot seem to stop

My concentration and/or memory are poor

I get irritable, anxious, tired, or have headaches that are relieved temporarily after eating

I retain water if I eat salt

I feel shaky after a meal

I am tired most of the time

I have a family history of diabetes, hypoglycemia or alcoholism

I have a family history of high blood pressure

If I eat a carb rich breakfast, I cannot seem to control my eating for the rest of the day

I have a family history of type 2 diabetes

I have heart palpitations after eating sweets

I have a family history of heart disease

I get night sweats

I have a family history of Polycystic ovarian syndrome or am infertile

I eat a low fat diet and cannot seem to loose weight

I have chronic fungal infections, (vaginal yeast infection, jock itch, or dry scaly skin patches

If I miss a meal I get cranky, weak and tired

I get panic attacks in the afternoon if I skip breakfast

My weight is hard to manage