

How to Read This Report

In this section, we'll provide instructions on how to read this report and a general overview of what's contained in the report. Your specific results will start in the Summary section.

The Wellness Questionnaire Report analyzes your responses to the comprehensive list of questions that you completed. It captures information on current health symptoms and lifestyle and historical risk factors, which then point towards different types of potential imbalances that may be contributing to your health issues or keeping you from feeling your best. These imbalances are grouped into three major categories:

Gastrointestinal

Blood Sugar

Hormones & Stress

These three areas of focus are important drivers of your overall health and well-being. Imbalances in these categories may contribute to long term chronic health issues while improvements in these imbalances can reverberate throughout your entire body, improving symptoms in seemingly unrelated areas.

Potential Imbalances by Category

Here is a list of all the potential imbalances that will be covered in this report:

Gastrointestinal

- Low Stomach Acid
- Stomach Inflammation
- Liver/GB Dysfunction
- Yeast Overgrowth
- Parasite Overgrowth
- Small Intestine Inflammation
- Large Intestine Imbalance
- Constipation

Blood Sugar

- Blood Sugar Swings
- High Blood Sugar

Hormones & Stress

- Low Adrenals
- High Adrenals
- Low Thyroid
- High Thyroid
- Low Estrogen
- High Estrogen
- Low Androgens
- High Androgens

Importance Level

For each potential imbalance, the report analyzes all of the related current symptoms and risk factors and determines whether the Importance Level is Low, Medium, or High. You can think of these Importance Levels as the level of likelihood that a potential imbalance is present based on your responses. For example, if the Low Stomach Acid imbalance is High Importance, then your combination of responses indicates that you are likely experiencing a Low Stomach Acid imbalance. Note that the Importance Level is not solely based on your current symptom score. A higher current symptom score will make it more likely that the Importance Level for that imbalance is High, but many combinations of individual symptoms and risk factors are considered when determining the Importance Level.

Top Priorities

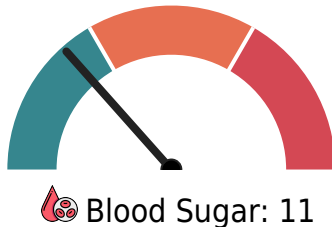
This report also determines the most beneficial next steps for improving your health based on the principles of functional medicine. These Top Priorities are clearly listed after the Summary section of the report. Due to how our bodies work and prioritize healing, the Top Priorities are not necessarily the areas with the highest current symptom scores. Often Top Priorities may be "upstream" from where the majority of symptoms are appearing, but focusing on these imbalances first can make dramatic differences across multiple areas. All of your scores are provided in the report so that you can see where your potential imbalances are and measure progress, but the Top Priorities highlight the most important places to focus based on your specific combination of symptoms.

Disclaimer: You and your practitioner have the most complete understanding of your unique health challenges. This report is meant to help and not replace that understanding. Always give precedence to your and your practitioners expertise.

Summary

Symptoms by Category

We'll start by looking at your current level of symptoms in each of the three major categories. While your symptoms indicate some dysregulation with stress/hormones, your most important areas to focus on first are your GI health and blood sugar regulation.

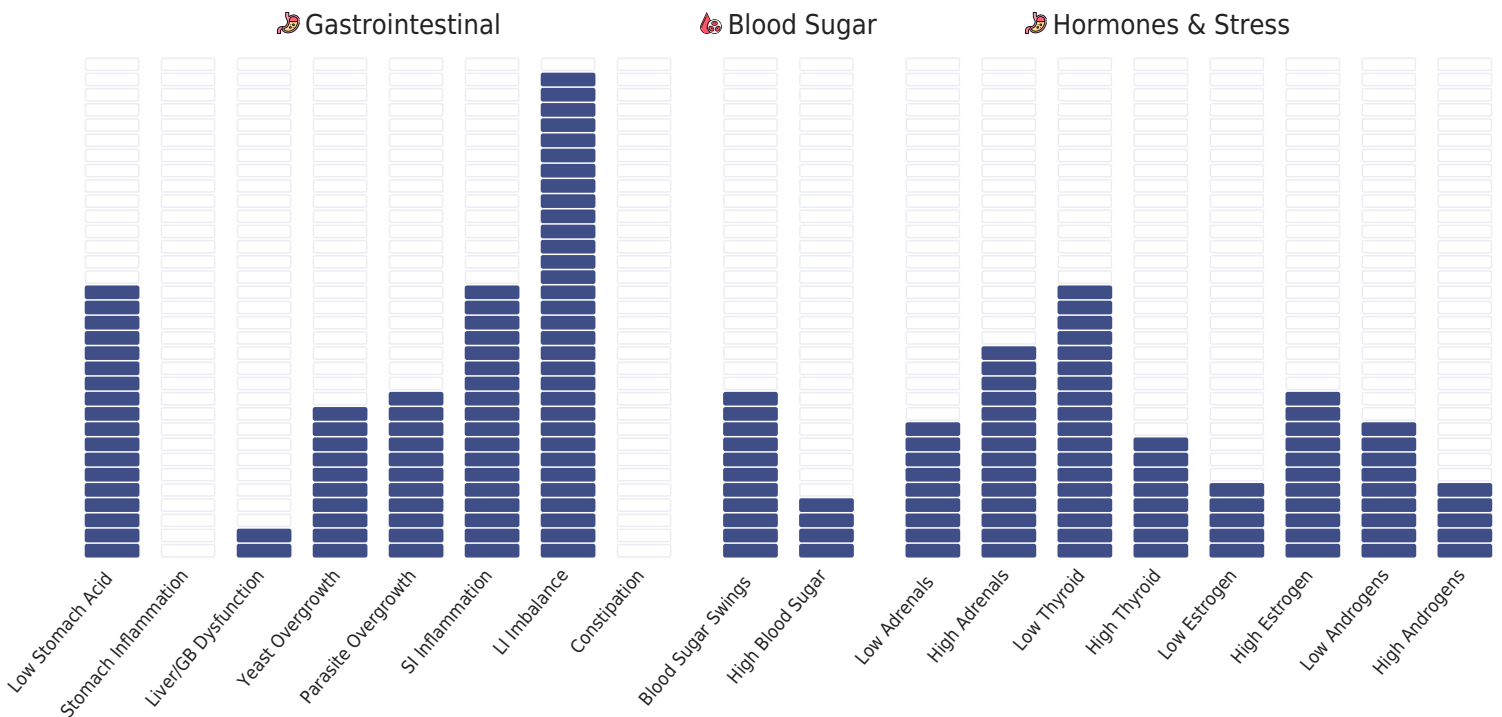


What do these gauges represent?

These gauges show your current symptoms (and previous if applicable) for each of the three major health categories. They do not include historical risk factors and things that cannot change. This is a great way to quickly see which areas are currently producing the most symptoms and to easily measure progress over time as your symptoms decrease.

Symptoms by Potential Imbalance

Next we'll take those same current symptoms represented in the gauges above and break them down into the potential imbalances they are associated with in the chart below.



What does this graph represent?

The bars on this graph show your current symptom level (and previous if applicable) for each of the potential imbalances covered by this report. They do not include historical risk factors and things that cannot change. You can use this to quickly see what imbalances your symptoms are pointing towards and to easily measure progress over time as you work to correct these imbalances.

Top Priorities

After analyzing your current symptoms across the 18 potential imbalances, the following have been identified as your Top Priorities. Focusing on these first will provide the most benefit.

Low Stomach Acid TOP PRIORITY

Importance: High

Your symptoms suggest that increasing your stomach acid may be beneficial for you.

Note that you indicated that you haven't tried supplemental HCl in the past.

Current Symptom Score: 16

Your current symptoms that may be related to low stomach acid:

- Excessive gas (3 of 3)
- Bloating within 1 hour of eating (2 of 3)
- Excessively full after eating (2 of 3)
- Bloating hours after eating (2 of 3)
- Sleepy after meals (2 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in low stomach acid:

- Average alcoholic drinks per week (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of low stomach acid. They're unlikely to change but are listed here so that you're aware.

- Age (2 of 3)
- History of anemia (1 of 2)
- Food poisoning (1 of 2)

Why is stomach acid important?

Sufficient stomach acid is crucial for healthy digestion and the absorption of nutrients. It is necessary for the proper breakdown of proteins and to prepare minerals for later absorption. Over time our ability to produce stomach acid can decrease for a variety of reasons such as stress or deficiencies in the nutrients necessary for stomach acid production. This means that as we get older we often don't make enough stomach acid to digest our food properly. This can start a vicious cycle that leads to greater nutrient deficiencies and a number of downstream digestive issues. It can even trigger or exacerbate acid reflux and heartburn as our stomachs hold onto food longer, waiting to reach the appropriate acidity level.

Dietary changes that may be beneficial:

- Reduce alcohol since it can relax the gastroesophageal sphincter and contribute to acid reflux.
- Consider apple cider vinegar diluted in water before meals.
- Avoid food sensitivities.
- Consume bitter foods such as arugula, dandelion greens, and ginger to help stimulate the production of stomach acid.

Lifestyle changes that may be beneficial:

- Chew your food thoroughly. The process of chewing can help stimulate stomach acid production.
- Find ways to reduce stress, since it can suppress the production of stomach acid.
- Eat smaller meals so your stomach doesn't have as much food to process.

Supplement changes that may be beneficial:

- Betaine Hydrochloride/HCl (pronounced HCL) to increase stomach acid.
- Digestive bitters to stimulate the production of stomach acid.
- If possible, minimize or avoid acid suppressing medications. (Always consult your doctor first before making any changes to medications.)

Your symptoms suggest a possible parasite overgrowth that may be driving your symptoms and negatively impacting your health.

Current Symptom Score: 9

Your current symptoms that may be related to parasite overgrowth:

- Loose stools/not well formed (3 of 3)
- Irritable Bowel Syndrome (IBS) (2 of 2)
- Excessive fatigue (1 of 3)
- Insomnia where you wake up and can't go back to sleep (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in parasite overgrowth.

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of parasite overgrowth. They're unlikely to change but are listed here so that you're aware.

- Food poisoning (1 of 2)

What are parasites and where do they come from?

While it is possible to get larger parasites like worms or nematodes, parasites are most often small protozoa. They can enter the body in many ways, through food, water, or from touching surfaces and then touching your mouth. Having good strong stomach acid is the first defense against these parasites and other pathogens. If they do make it into the intestines alive then it's up to the immune systems to take care of them. And if they find a way to get established in the intestines then they can produce varying levels of toxins and contribute to inflammation and digestive issues.

Dietary changes that may be beneficial:

- Certain foods such as pomegranate juice, garlic, sweet potatoes, turmeric, ginger, cloves, and raw cabbage can be helpful when dealing with GI parasites.
- Minimize coffee.
- Remove gluten and gluten-containing grains.

Lifestyle changes that may be beneficial:

- Drink plenty of filtered water. Parasites can release toxins and the additional water will dilute these toxins and help your body remove them more easily.
- Avoid alcohol.
- Find ways to reduce stress. Too much stress can suppress your immune system and you want your immune system in top form to help combat a parasitic overgrowth.
- Prioritize sleep and aim for 7-9 hours per night. This will also help support your immune system.

Supplement changes that may be beneficial:

- Antiparasitic supplements containing artemisinin/wormwood and/or black walnut.
- Biofilm disruptors made from monolaurin or enzyme-based formulas such Interfase Plus by Klaire Labs. This will help ensure that the antiparasitic agents can reach below the surface.
- Mimosa pudica seed can be helpful for scrubbing parasites out of the GI tract.
- Probiotics, either spore-based or traditional lactobacillus/bifidobacterium, to help support your beneficial bacteria.

Your symptoms suggest that stabilizing your blood sugar levels and resolving your blood sugar swings (hypoglycemia) may be key for positively impacting your health.

Current Symptom Score: 10

Your current symptoms that may be related to blood sugar swings:

- Fatigue in the afternoons (2 of 3)
- Cravings for coffee/sweets to relieve fatigue (2 of 3)
- Sleepy after meals (2 of 3)
- Insomnia where you wake up and can't go back to sleep (1 of 3)
- Wake in the night to urinate (1 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in blood sugar swings:

- Average alcoholic drinks per week (1 of 3)
- Average nightly sleep (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of blood sugar swings. They're unlikely to change but are listed here so that you're aware.

- Family history of diabetes (1 of 2)

What are blood sugar swings and why are they a problem?

Blood sugar swings happen as your body becomes less able to regulate blood glucose levels properly. After a higher carbohydrate snack or meal, blood glucose levels increase. Your body responds by producing insulin, but with early blood sugar dysregulation an overproduction of insulin can cause blood sugar levels to drop lower than they should. This is called hypoglycemia, and it can make your energy levels feel like they're on a rollercoaster with ups occurring during and shortly after meals followed by crashes later on. The overall goal is to stabilize blood sugar and energy levels and get off of this roller coaster.

Dietary changes that may be beneficial:

- Limit sugars and processed grains. Choose whole grains instead of processed and powdered grains that have been made into pastas and flours.
- Include adequate amounts of protein with meals. This will help with satiation.
- Pair unprocessed carbohydrates (vegetables, beans, and whole grains) with proteins and healthy fats.

Lifestyle changes that may be beneficial:


- Eat smaller meals more regularly. Include protein and/or healthy fats with all meals and snacks.
- Prioritize daily movement. Walking and physical exercise help use the circulating glucose and improve metabolic health.
- Drink plenty of filtered water.
- Find ways to reduce stress since stress raises blood sugar levels.
- Prioritize sleep and aim for 7-9 hours per night.
- Minimize alcohol since it can make low blood sugar even lower for some people.
- Consider using a glucose monitor or continuous glucose monitor to learn how certain meals or snacks impact your blood sugar.


Supplement changes that may be beneficial:


- Multivitamin and mineral supplements designed to support blood sugar. These should contain a full spectrum of vitamins and minerals with extra focus on chromium and B vitamins.
- Supplements containing berberine HCl.

Symptom Summary Table

Here you can find your current symptom scores (and previous if applicable) next to the maximum possible scores. The maximums represent the scores if every possible related symptom was currently occurring to the highest degree.

	Score (Jan 16, 2024)	Max
 Gastrointestinal	129	743
Low Stomach Acid ^{TOP PRIORITY}	16	77
Stomach Inflammation	0	30
Liver/GB Dysfunction	2	89
Yeast Overgrowth	18	138
Parasite Overgrowth ^{TOP PRIORITY}	9	64
Small Intestine Inflammation	47	223
Large Intestine Imbalance	37	110
Constipation	0	12

	Score (Jan 16, 2024)	Max
 Blood Sugar	11	91
Blood Sugar Swings ^{TOP PRIORITY}	10	69
High Blood Sugar	1	22

	Score (Jan 16, 2024)	Max
 Hormones & Stress	61	463
Low Adrenals	13	110
High Adrenals	10	58
Low Thyroid	16	78
High Thyroid	5	47
Low Estrogen	4	60
High Estrogen	9	62
Low Androgens	2	17
High Androgens	2	31

Gastrointestinal



Gastrointestinal: 129

Your current top priority is to focus on making sure you have adequate stomach acid. You'll also want to focus on eliminating potential gut pathogens. You have symptoms that suggest a possible parasite overgrowth.

Low Stomach Acid TOP PRIORITY

Importance: High

Your symptoms suggest that increasing your stomach acid may be beneficial for you.

Note that you indicated that you haven't tried supplemental HCl in the past.

Current Symptom Score: 16

Your current symptoms that may be related to low stomach acid:

- Excessive gas (3 of 3)
- Bloating within 1 hour of eating (2 of 3)
- Excessively full after eating (2 of 3)
- Bloating hours after eating (2 of 3)
- Sleepy after meals (2 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in low stomach acid:

- Average alcoholic drinks per week (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of low stomach acid. They're unlikely to change but are listed here so that you're aware.

- Age (2 of 3)
- History of anemia (1 of 2)
- Food poisoning (1 of 2)

Why is stomach acid important?

Sufficient stomach acid is crucial for healthy digestion and the absorption of nutrients. It is necessary for the proper breakdown of proteins and to prepare minerals for later absorption. Over time our ability to produce stomach acid can decrease for a variety of reasons such as stress or deficiencies in the nutrients necessary for stomach acid production. This means that as we get older we often don't make enough stomach acid to digest our food properly. This can start a vicious cycle that leads to greater nutrient deficiencies and a number of downstream digestive issues. It can even trigger or exacerbate acid reflux and heartburn as our stomachs hold onto food longer, waiting to reach the appropriate acidity level.

Dietary changes that may be beneficial:

- Reduce alcohol since it can relax the gastroesophageal sphincter and contribute to acid reflux.
- Consider apple cider vinegar diluted in water before meals.
- Avoid food sensitivities.
- Consume bitter foods such as arugula, dandelion greens, and ginger to help stimulate the production of stomach acid.

Lifestyle changes that may be beneficial:

- Chew your food thoroughly. The process of chewing can help stimulate stomach acid production.
- Find ways to reduce stress, since it can suppress the production of stomach acid.
- Eat smaller meals so your stomach doesn't have as much food to process.

Supplement changes that may be beneficial:

- Betaine Hydrochloride/HCl (pronounced HCL) to increase stomach acid.
- Digestive bitters to stimulate the production of stomach acid.
- If possible, minimize or avoid acid suppressing medications. (Always consult your doctor first before making any changes to medications.)

Parasite Overgrowth TOP PRIORITY

Importance: High

Your symptoms suggest a possible parasite overgrowth that may be driving your symptoms and negatively impacting your health.

Current Symptom Score: 9

Your current symptoms that may be related to parasite overgrowth:

- Loose stools/not well formed (3 of 3)
- Irritable Bowel Syndrome (IBS) (2 of 2)
- Excessive fatigue (1 of 3)
- Insomnia where you wake up and can't go back to sleep (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in parasite overgrowth.

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of parasite overgrowth. They're unlikely to change but are listed here so that you're aware.

- Food poisoning (1 of 2)

What are parasites and where do they come from?

While it is possible to get larger parasites like worms or nematodes, parasites are most often small protozoa. They can enter the body in many ways, through food, water, or from touching surfaces and then touching your mouth. Having good strong stomach acid is the first defense against these parasites and other pathogens. If they do make it into the intestines alive then it's up to the immune systems to take care of them. And if they find a way to get established in the intestines then they can produce varying levels of toxins and contribute to inflammation and digestive issues.

Dietary changes that may be beneficial:

- Certain foods such as pomegranate juice, garlic, sweet potatoes, turmeric, ginger, cloves, and raw cabbage can be helpful when dealing with GI parasites.
- Minimize coffee.
- Remove gluten and gluten-containing grains.

Lifestyle changes that may be beneficial:

- Drink plenty of filtered water. Parasites can release toxins and the additional water will dilute these toxins and help your body remove them more easily.
- Avoid alcohol.
- Find ways to reduce stress. Too much stress can suppress your immune system and you want your immune system in top form to help combat a parasitic overgrowth.
- Prioritize sleep and aim for 7-9 hours per night. This will also help support your immune system.

Supplement changes that may be beneficial:

- Antiparasitic supplements containing artemisinin/wormwood and/or black walnut.
- Biofilm disruptors made from monolaurin or enzyme-based formulas such Interfase Plus by Klaire Labs. This will help ensure that the antiparasitic agents can reach below the surface.
- Mimosa pudica seed can be helpful for scrubbing parasites out of the GI tract.
- Probiotics, either spore-based or traditional lactobacillus/bifidobacterium, to help support your beneficial bacteria.

Small Intestine Inflammation

Importance: High

Your symptoms suggest that small intestine inflammation may be driving your symptoms and negatively impacting your health. This is common with yeast or parasite overgrowths and is often addressed during GI pathogen protocols.

Current Symptom Score: 47

Your current symptoms that may be related to small intestine inflammation:

- Excessive gas (3 of 3)
- Loose stools/not well formed (3 of 3)
- Irritable Bowel Syndrome (IBS) (2 of 2)
- Bloating hours after eating (2 of 3)
- Cramping in the lower abdomen (2 of 3)
- Seasonal allergies (2 of 3)
- Sleepy after meals (2 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in small intestine inflammation:

- Average alcoholic drinks per week (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of small intestine inflammation. They're unlikely to change but are listed here so that you're aware.

- Cumulative antibiotic usage (2 of 3)
- History of anemia (1 of 2)

Large Intestine Imbalance

Importance: High

Your symptoms suggest possible large intestine imbalance that may be driving your symptoms and negatively impacting your health.

Current Symptom Score: 37

Your current symptoms that may be related to large intestine imbalance:

- Excessive gas (3 of 3)
- Loose stools/not well formed (3 of 3)
- Irritable Bowel Syndrome (IBS) (2 of 2)
- Bloating hours after eating (2 of 3)
- Cramping in the lower abdomen (2 of 3)
- Hard to lose weight (1 of 2)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in large intestine imbalance:

- Average alcoholic drinks per week (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of large intestine imbalance. They're unlikely to change but are listed here so that you're aware.

- Cumulative antibiotic usage (2 of 3)

Stomach Inflammation

Importance: Low

You do not have symptoms related to stomach inflammation so this isn't a priority for you right now.


Note that you indicated that you haven't tried supplemental HCl in the past.

Current Symptom Score: 0

You don't have any current symptoms that may be related to stomach inflammation.

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in stomach inflammation:

 NSAID use (1 of 2)

Historical Risks

You don't have any historical factors that are either associated with or may increase the likelihood of stomach inflammation.

Liver/GB Dysfunction

Importance: Low

Even though you have some symptoms that could be related to a need for liver/gallbladder support, they are minor and this isn't a priority for you right now.

Current Symptom Score: 2

Your current symptoms that may be related to liver/gallbladder dysfunction:

Easily hung over from alcohol (1 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in liver/gallbladder dysfunction:

Average alcoholic drinks per week (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of liver/gallbladder dysfunction. They're unlikely to change but are listed here so that you're aware.

Smoked cigarettes (1 of 2)

Experienced morning sickness while pregnant (1 of 3)

Yeast Overgrowth

Importance: Low

Even though you have some symptoms that could be related to a yeast overgrowth, they are minor and this isn't a priority for you right now.

Current Symptom Score: 18

Your current symptoms that may be related to yeast overgrowth:

- Crave breads, pastas, or sugars (3 of 3)
- Excessive gas (3 of 3)
- Bloating hours after eating (2 of 3)
- Cramping in the lower abdomen (2 of 3)
- Excessively full after eating (2 of 3)
- Poor memory (1 of 3)
- Excessive fatigue (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in yeast overgrowth.

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of yeast overgrowth. They're unlikely to change but are listed here so that you're aware.

- Cumulative birth control usage (2 of 2)
- History of ear infections as a child (1 of 1)
- Cumulative antibiotic usage (2 of 3)
- History of vaginal yeast infections (1 of 3)

Constipation

Importance: Low

You do not have symptoms related to constipation so this isn't a priority for you right now.

Current Symptom Score: 0

You don't have any current symptoms that may be related to constipation.

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in constipation.

Historical Risks

You don't have any historical factors that are either associated with or may increase the likelihood of constipation.

Blood Sugar



Blood Sugar: 11

Your current top priority in this section is to focus on your blood sugar regulation, specifically on smoothing out your blood sugar levels to avoid high spikes and low dips.

Blood Sugar Swings TOP PRIORITY

Importance: High

Your symptoms suggest that stabilizing your blood sugar levels and resolving your blood sugar swings (hypoglycemia) may be key for positively impacting your health.

Current Symptom Score: 10

Your current symptoms that may be related to blood sugar swings:

- Fatigue in the afternoons (2 of 3)
- Cravings for coffee/sweets to relieve fatigue (2 of 3)
- Sleepy after meals (2 of 3)
- Insomnia where you wake up and can't go back to sleep (1 of 3)
- Wake in the night to urinate (1 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in blood sugar swings:

- Average alcoholic drinks per week (1 of 3)
- Average nightly sleep (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of blood sugar swings. They're unlikely to change but are listed here so that you're aware.

- Family history of diabetes (1 of 2)

What are blood sugar swings and why are they a problem?

Blood sugar swings happen as your body becomes less able to regulate blood glucose levels properly. After a higher carbohydrate snack or meal, blood glucose levels increase. Your body responds by producing insulin, but with early blood sugar dysregulation an overproduction of insulin can cause blood sugar levels to drop lower than they should. This is called hypoglycemia, and it can make your energy levels feel like they're on a rollercoaster with ups occurring during and shortly after meals followed by crashes later on. The overall goal is to stabilize blood sugar and energy levels and get off of this roller coaster.

Dietary changes that may be beneficial:

- Limit sugars and processed grains. Choose whole grains instead of processed and powdered grains that have been made into pastas and flours.
- Include adequate amounts of protein with meals. This will help with satiation.
- Pair unprocessed carbohydrates (vegetables, beans, and whole grains) with proteins and healthy fats.

Lifestyle changes that may be beneficial:

- Eat smaller meals more regularly. Include protein and/or healthy fats with all meals and snacks.
- Prioritize daily movement. Walking and physical exercise help use the circulating glucose and improve metabolic health.
- Drink plenty of filtered water.
- Find ways to reduce stress since stress raises blood sugar levels.
- Prioritize sleep and aim for 7-9 hours per night.
- Minimize alcohol since it can make low blood sugar even lower for some people.
- Consider using a glucose monitor or continuous glucose monitor to learn how certain meals or snacks impact your blood sugar.

Supplement changes that may be beneficial:

- Multivitamin and mineral supplements designed to support blood sugar. These should contain a full spectrum of vitamins and minerals with extra focus on chromium and B vitamins.
- Supplements containing berberine HCl.

High Blood Sugar

Importance: Low

Even though you have some symptoms that could be related to elevated blood sugar, they are minor and this isn't a priority for you right now.

Current Symptom Score: 1

Your current symptoms that may be related to high blood sugar:

■ Numbness or tingling in hands and feet (1 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in high blood sugar:

■ Average nightly sleep (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of high blood sugar. They're unlikely to change but are listed here so that you're aware.

■ Family history of diabetes (1 of 2)

Hormones & Stress



Hormones & Stress: 61

While you have symptoms of stress/hormonal dysregulation, there are more important areas to focus on first. Improvements in these other areas often have a positive impact on stress/hormone balance.

Low Thyroid Importance: High

Your symptoms suggest that supporting your thyroid function may be key for positively impacting your health.

Note that you indicated that you are not currently taking supplemental iodine, but you are taking medication for low thyroid function.

Current Symptom Score: 16

Your current symptoms that may be related to low thyroid function:

- Intolerance to cold (2 of 2)
- Thyroid disease (2 of 2)
- Medication for low thyroid function (1 of 1)
- Weight increasing (1 of 2)
- Dry skin (1 of 3)
- Excessive fatigue (1 of 3)
- Poor memory (1 of 3)
- Numbness or tingling in hands and feet (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in low thyroid function.

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of low thyroid function. They're unlikely to change but are listed here so that you're aware.

- Hair loss through thinning hair (1 of 2)
- History of a concussion or traumatic brain injury (1 of 3)

Low Adrenals

Importance: Low

Even though you have some symptoms that could be related to low adrenal function, they are minor and this isn't a priority for you right now.

Current Symptom Score: 13

Your current symptoms that may be related to low adrenal function:

- Trouble waking up without caffeine (3 of 3)
- Seasonal allergies (2 of 3)
- Crave salt (1 of 2)
- Decreased or no sex drive (1 of 2)
- NSAID use (1 of 2)
- Excessive fatigue (1 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in low adrenal function:

- Average nightly sleep (1 of 3)
- Time on social media (1 of 3)

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of low adrenal function. They're unlikely to change but are listed here so that you're aware.

- History of a concussion or traumatic brain injury (1 of 3)

High Adrenals

Importance: Low

Even though you have some symptoms that could be related to overactive adrenal function, they are minor and this isn't a priority for you right now.

Current Symptom Score: 10

Your current symptoms that may be related to overactive adrenals:

- Loose stools/not well formed (3 of 3)
- Cramping in the lower abdomen (2 of 3)
- Hard to lose weight (1 of 2)
- Weight increasing (1 of 2)
- Insomnia with trouble falling asleep initially (1 of 3)
- Insomnia where you wake up and can't go back to sleep (1 of 3)

Current Risks

These current dietary and lifestyle choices can contribute to or be a factor in overactive adrenals:

- Average nightly sleep (1 of 3)
- Time on social media (1 of 3)

Historical Risks

You don't have any historical factors that are either associated with or may increase the likelihood of overactive adrenals.

High Thyroid

Importance: Low

Even though you have some symptoms that could be related to an overactive thyroid, they are minor and this isn't a priority for you right now.

You also indicated that you are taking medication for low thyroid function.

Current Symptom Score: 5

Your current symptoms that may be related to overactive thyroid:

Loose stools/not well formed (3 of 3)

Insomnia with trouble falling asleep initially (1 of 3)

Insomnia where you wake up and can't go back to sleep (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in overactive thyroid.

Historical Risks

You don't have any historical factors that are either associated with or may increase the likelihood of overactive thyroid.

Low Estrogen

Importance: Low

Even though you have some symptoms that could be related to estrogen deficiency, they are minor and this isn't a priority for you right now.

Current Symptom Score: 4

Your current symptoms that may be related to estrogen deficiency:

- Decreased or no sex drive (1 of 2)
- Insomnia with trouble falling asleep initially (1 of 3)
- Insomnia where you wake up and can't go back to sleep (1 of 3)
- Poor memory (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in estrogen deficiency.

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of estrogen deficiency. They're unlikely to change but are listed here so that you're aware.

- Age (2 of 3)
- History of a concussion or traumatic brain injury (1 of 3)

High Estrogen

Importance: Low

Even though you have some symptoms that could be related to estrogen dominance, they are minor and this isn't a priority for you right now.

Current Symptom Score: 9

Your current symptoms that may be related to estrogen dominance:

Intolerance to cold (2 of 2)

Increased breast tenderness before periods (1 of 3)

Pain with your menstrual cycle (1 of 3)

PMS (1 of 3)

Poor memory (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in estrogen dominance.

Historical Risks

You don't have any historical factors that are either associated with or may increase the likelihood of estrogen dominance.

Low Androgens

Importance: Low

Even though you have some symptoms that could be related to androgen/testosterone deficiency, they are minor and this isn't a priority for you right now.

Current Symptom Score: 2

Your current symptoms that may be related to androgen deficiency:

Decreased or no sex drive (1 of 2)

Excessive fatigue (1 of 3)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in androgen deficiency.

Historical Risks

These are historical factors that are either associated with or may increase the likelihood of androgen deficiency. They're unlikely to change but are listed here so that you're aware.

Age (2 of 3)

History of a concussion or traumatic brain injury (1 of 3)

High Androgens

Importance: Low

Even though you have some symptoms that could be related to androgen/testosterone excess, they are minor and this isn't a priority for you right now.

Current Symptom Score: 2

Your current symptoms that may be related to androgen excess:

Hard to lose weight (1 of 2)

Weight increasing (1 of 2)

Current Risks

You don't have current dietary and lifestyle choices that might contribute to or be a factor in androgen excess.

Historical Risks

You don't have any historical factors that are either associated with or may increase the likelihood of androgen excess.