

Aldosterone, Pregnenolone - DHEA

Date _____

Name _____

Tick Your Symptoms this side

Doctor to Complete this side

Aldosterone Deficiency

Behaviour

<input type="checkbox"/>	Tendency to lie down
<input type="checkbox"/>	Tendency to move to increase blood pressure

Concentration

<input type="checkbox"/>	Drowsiness, zombie-like feeling
<input type="checkbox"/>	Easily dsitracted, absent minded, day dreaming
<input type="checkbox"/>	Difficulty focusing on tasks
<input type="checkbox"/>	Feels better in head lying on a bed or moving

Vision

<input type="checkbox"/>	Vision trouble, focussing when standing up
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Food

<input type="checkbox"/>	Salty food cravings
<input type="checkbox"/>	Thirsty often, drinks lots of fluids

Urination

<input type="checkbox"/>	Polyuria (passing lots of urine during the day)
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Face

<input type="checkbox"/>	Pale face
<input type="checkbox"/>	Drowsy absent-minded look

Blood Pressure

<input type="checkbox"/>	Low blood pressure, below 110/60
<input type="checkbox"/>	Orthostatic hypotension > 10mm/hg

Face

<input type="checkbox"/>	Hollow face
<input type="checkbox"/>	Sharp wrinkles

Eyes

<input type="checkbox"/>	Eyes deep in orbit
<input type="checkbox"/>	Soft eye balls

Tongue

<input type="checkbox"/>	Tongue borders indented
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Skin

<input type="checkbox"/>	Prolonged skin tenting....stiff fold
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Pregnenolone Deficiency

Memory

<input type="checkbox"/>	Poor, reducing memory
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Vision

<input type="checkbox"/>	Reduced colour vision
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Senses

<input type="checkbox"/>	Reduced artistic awareness
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Energy

<input type="checkbox"/>	Moderate fatigue
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Skin

<input type="checkbox"/>	Dry skin (poor sebum)
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Joints and Muscles

<input type="checkbox"/>	Moderate joint pains
<input type="checkbox"/>	Moderate muscle pains
<input type="checkbox"/>	Reduced mobility

Skin

<input type="checkbox"/>	Dry skin
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Joints and Muscles

<input type="checkbox"/>	Reduced Mobility
<input type="checkbox"/>	Pain with mobilization

Other Hormones Derived from Pregnenolone

See these questionnaires

- Estrogens
- Progesterone
- Testosterone
- DHEA
- Aldosterone

DHEA Deficiency

Energy and Mind

<input type="checkbox"/>	Moderate fatigue
<input type="checkbox"/>	Depression
<input type="checkbox"/>	Moderate anxiety
<input type="checkbox"/>	Low resistance to noise oe stress

Sex

<input type="checkbox"/>	Low sexual desire
<input type="checkbox"/>	Decreased erections
<input type="checkbox"/>	Lack of sexual satisfaction
<input type="checkbox"/>	Low sexual desire

Eyes

<input type="checkbox"/>	Dry eyes
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Skin

<input type="checkbox"/>	Dry skin
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Muscles

<input type="checkbox"/>	Poor muscle development
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Hair

<input type="checkbox"/>	Reduced axillary hair
<input type="checkbox"/>	Reduced pubic hair

Pubis

<input type="checkbox"/>	Reduced pubic fat (women)
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