

<input checked="" type="checkbox"/> <b>Tick Your Symptoms</b>	<b>Doctor to Complete this side</b>
<b>Mood and Mind</b>	<b>Hair</b>
<input type="checkbox"/> Poor quality of life, feeling unwell	<input type="checkbox"/> Sparse thin hair
<input type="checkbox"/> Chronic anxiety, with no obvious reason	<b>Face</b>
<input type="checkbox"/> Lack of inner peace	<input type="checkbox"/> Droopy eyelids
<input type="checkbox"/> Tendency to be depressed	<input type="checkbox"/> Sagging cheeks
<input type="checkbox"/> Low self esteem	<input type="checkbox"/> Thin lips
<input type="checkbox"/> Lack of self confidence	<input type="checkbox"/> Thin nose with tip down
<input type="checkbox"/> Difficulty performing multiple tasks	<input type="checkbox"/> Thin jaw bones
<input type="checkbox"/> Feeling powerless	<input type="checkbox"/> Loose skin under chin
<input type="checkbox"/> Lack of concentration	<b>Body</b>
<input type="checkbox"/> Lack of self control	<input type="checkbox"/> Smaller shoulders
<input type="checkbox"/> Excessive emotional reactions, sharp verbal retorts	<input type="checkbox"/> Thin muscles
<input type="checkbox"/> Dramatising, outbursts of panic or anxiety	<input type="checkbox"/> Droopy triceps
<input type="checkbox"/> Tendency to social isolation	<input type="checkbox"/> Thin muscles
<input type="checkbox"/> Impaired social status, poor social integration	<input type="checkbox"/> Premature aging body
<b>Stress</b>	<input type="checkbox"/> Obese body
<input type="checkbox"/> Poor stress tolerance	<input type="checkbox"/> Normal size body but sexual atrophy
<b>Health</b>	<input type="checkbox"/> Reduced inspiratory chest movement
<input type="checkbox"/> Poor health, feeling of rapidly aging	<input type="checkbox"/> Fat droopy abdomen
<b>Appearance</b>	<input type="checkbox"/> Kyphosis, Hyperlordosis
<input type="checkbox"/> Deteriorating physical appearance	<input type="checkbox"/> Sagging back muscles in folds
<input type="checkbox"/> Muscle and skin thinning. Looseness and weakness	<input type="checkbox"/> Increased subscap skin folds
<input type="checkbox"/> Obesity	<input type="checkbox"/> Sagging inner thigh folds
<b>Feet</b>	<input type="checkbox"/> Fatty cushions above knees
<input type="checkbox"/> Sore feet after walks (collapsed arches)	<input type="checkbox"/> Reduced foot arches
<b>Energy</b>	<input type="checkbox"/> Muscle atrophy foot sole
<input type="checkbox"/> Exhaustion with poor recovery after exertion	<b>Hands and Skin</b>
<input type="checkbox"/> Slow recovery energy of poor sleep	<input type="checkbox"/> Prolonged skin pinch
<b>Temperature</b>	<input type="checkbox"/> Long lines on nails
<input type="checkbox"/> Cold intolerance	<input type="checkbox"/> Atrophy thenar and
<b>Sex (Men)</b>	<input type="checkbox"/> hypothenar emin.
<input type="checkbox"/> Poor erections	<input type="checkbox"/> Thin fingers
<b>Sleep</b>	<input type="checkbox"/> Stretch marks
<input type="checkbox"/> Light sleep and excess need for sleep--9 hours or more	_____
<b>Food</b>	_____
<input type="checkbox"/> Poor appetite for meat (because of low anabolic state)	_____
_____	_____