

HEALTH RESTORATION

PASA - PERSONALIZED ANTI-AGING SELF ASSESSMENT

Physician Name: _____ Tel: _____

Your Name: _____ Age: _____ Sex: Female ___ Male ___

Address: _____ City: _____ State: _____ Zip Code: _____

Tel: _____ Fax: _____ Email: _____

Height: _____ Weight: _____ Waist size: _____

Medication(s): _____

Smoke: Yes ___ No ___ Drink: Yes ___ No ___ Exercise: Yes ___ No ___

First Date of your Last Menstrual Period, if applicable: _____ Age of Menopause, if applicable: _____

Previous Surgery: Hysterectomy? Yes ___ No ___ If Yes, date: _____ Ovary: Yes ___ No ___

Breast Cyst/Tumor: Yes ___ No ___ Prostate Problem: Yes ___ No ___

Blood Pressure Problem: Yes ___ No ___

- 1 Answer each of the following questions carefully & thoroughly.
- 2 Place a check mark in the BOX of each sign or symptom you have experienced in the past 3 months.
- 3 The greater number of check marks, the greater propensity of specific hormone imbalance.
- 4 You may mark more than one box of hormone imbalance.
- 5 It's recommended that you review the Executive Personalized Anti Aging Self Assessment and your personal Saliva Hormone Test results with your physician or professional health worker. This self assessment is not a diagnosis or treatment, it is intended for your information only.

PROGESTERONE DEFICIENCY

<input type="checkbox"/> Pre-menstrual syndrome <input type="checkbox"/> Anxiety / nervousness <input type="checkbox"/> Irritable / moody <input type="checkbox"/> Breast swelling / tenderness / fibrous cystic / lumpy breast <input type="checkbox"/> Bloating / water retention	<input type="checkbox"/> Heart palpitation <input type="checkbox"/> Bone loss / osteoporosis <input type="checkbox"/> Sleep difficulties <input type="checkbox"/> Polycystic ovaries <input type="checkbox"/> Uterine fibroids <input type="checkbox"/> Excessive menstrual bleeding
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PROGESTERONE EXCESS

<input type="checkbox"/> Anxious/can't sleep caused by progesterone supplementation <input type="checkbox"/> Hot flashes and depression caused by progesterone supplementation <input type="checkbox"/> Bloating / water retention caused by progesterone supplementation <input type="checkbox"/>	<input type="checkbox"/> Too drowsy all day <input type="checkbox"/> Dizziness <input type="checkbox"/> Feeling drunk
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ESTROGEN DEFICIENCY

<input type="checkbox"/> Sagging breast <input type="checkbox"/> Lack of libido	<input type="checkbox"/> Night sweats <input type="checkbox"/> Memory problems
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- Vaginal dryness / shrinking
- Urinary incontinence / infection
- Hot flashes

- Fuzzy thinking
- Lack of menstruation

ESTROGEN EXCESS

- Water retention & Bloating
- Moody / unpredictable
- Anxiety / Fear
- Breast swollen / tender
- Severe headaches

- Excess menstrual bleeding
- Enlarged men breast (Men Only)
- Prostate enlargement
- Difficulty urinating

HUMAN GROWTH / IGF-1 DEFICIENCY

- Fat waist & hip
- Loss of muscle
- Loss of strength
- Increase fatigue
- Bone & joint pain

- Lack of libido
- No sexual interest
- Anti-social
- Bone loss-osteoporosis
- Skin aging / thin / wrinkles

HUMAN GROWTH / IGF-1 EXCESS

- Carpal tunnel syndrome
- Sudden Arthritis pain
- Water retention

- High blood pressure
- Prostate pain / enlargement

DHEA DEFICIENCY

- Feeling depressed
- Difficulty with stress
- Lack of stamina
- Low sex drive
- Fatigue
- Moody
- Decreased immunity

- Loss of memory
- Loss of abdominal muscle
- Fat hips & waist
- Dry eyes
- Osteoporosis
- Bone, joint, muscle pain
- Abnormal blood sugar

DHEA EXCESS

- Facial Hair
- Severe oily skin
- Severe acne & pimple

- Bossy
- Impatient
- Irritable

PREGNENOLONE DEFICIENCY

- Loss of short term memory
- Fuzzy thinking
- Depressed

- Loss of color brightness
- Pessimistic

PREGNENOLONE EXCESS

- Edginess

- Uptight

TESTOSTERONE DEFICIENCY

Flabby & weak muscle tone
Loss of muscle mass
Lack of energy & stamina
Loss of coordination & balance
Loss of confidence
Mental fatigue
Memory loss

Loss of sex drive & interest
Decreased libido
Poor hunched posture
Lack of orgasm
Thinning skin
Shrinking sexual organs
Soft erection

TESTOSTERONE EXCESS

Too aggressive & pushy
Too bossy
Facial skin very oily

Recent pimples
Increase in facial hair
Over Confident

THYROID DEFICIENCY

Excessive coldness of hands & feet
Morning fatigue
Stiff / painful joints AM
Thinning skin

Goiter - enlarged neck
Gaining Weight
Dry skin and dry hair
Loss of hair and thinning eye brow
Wake up puffy face and eye lids

THYROID EXCESS

Nervous & anxious
Unintentional weight loss
Heartbeat hard & fast

Hot & intense sweating
Increase thirst & appetite
Shaky hands & fingers

CORTISOL DEFICIENCY

Low blood pressure
Low blood sugar
Slow heartbeat
Severe fatigue

Sugar Craving
Stressed
From sitting to stand up - Lightheaded
Craving salt

CORTISOL EXCESS

High blood pressure
Thinning skin
Loss of muscle mass
Anxious, irritable & nervous
Weight gain around waist
Stress

Sugar craving
Hair Loss
Frequent colds/flu
Arthritis & muscle pain
High blood sugar

