

# Hormonal Harmony & Root Cause Assessment

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Section 1: Symptom Cluster Assessment

*Check all that apply to your experience over the last 30 days.*

**Cluster A: Estrogen Clearance & Detoxification** - [ ] Heavy periods, clotting, or cycle length <26 days - [ ] Breast tenderness or fibrocystic breasts - [ ] Water retention (puffiness) or sudden weight gain in hips/thighs - [ ] Headaches or migraines (especially pre-menstrual) - [ ] History of fibroids, endometriosis, or polyps

**Cluster B: Progesterone & HPA Axis Buffer** - [ ] "Tired but wired" feeling (exhaustion mixed with anxiety) - [ ] Difficulty staying asleep (waking 2 AM–4 AM) - [ ] Increased irritability or mid-cycle anxiety - [ ] Significant PMS or mood swings - [ ] Shortened luteal phase (spotting before period starts)

**Cluster C: Metabolic & Androgen Balance (PCOS/Andropause)** - [ ] Increased abdominal/visceral fat - [ ] Adult acne (especially along the jawline) - [ ] Thinning hair on head or unwanted hair growth (face/chest) - [ ] Intense sugar or carb cravings - [ ] (Males) Decreased morning vitality, "man boobs" (gynecomastia), or low drive

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## Section 2: The R.O.O.T.S. Matrix Tracker

*Identify the underlying drivers influencing your "Hormonal Symphony."*

Factor	Frequency/Status	Clinical Connection (Practitioner Note)
Bowel Frequency	_____ times per day	<b>Estrobolome:</b> Low frequency = Beta-glucuronidase risk.
Stress Levels	Low 1 2 3 4 5 High	<b>HPA Axis:</b> High cortisol leads to "Pregnenolone Steal."
Alcohol Intake	_____ drinks / week	<b>Aromatization:</b> Increases estrogen; toxic to Leydig cells.
Fiber/Veggie Intake	_____ servings / day	<b>Phase I Detox:</b> Crucial for 2-OH protective pathway.

Factor	Frequency/Status	Clinical Connection (Practitioner Note)
Sleep Quality	_____ hours / night	<b>GABA Signaling:</b> Progesterone requires restorative rest.

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### Section 3: Scoring & Clinical Reflection

**Total Checks in Cluster A:** \_\_\_\_\_ (*High score suggests Phase I/II Detox or Estrobolome issues*)

**Total Checks in Cluster B:** \_\_\_\_\_ (*High score suggests HPA Axis dysregulation/Low*

**Progesterone Total Checks in Cluster C:** \_\_\_\_\_ (*High score suggests Insulin Resistance/Aromatization*)

**Client Observations:** (*How do these symptoms correlate with your stress or diet? Describe your "energy" throughout the month.*)

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### Next Steps & Practitioner Recommendations:

- [ ] **Support Detox:** Consider DIM or Sulforaphane to favor the 2-OH pathway.
- [ ] **Gut Health:** Address Beta-glucuronidase through fiber and probiotics.
- [ ] **Metabolic Reset:** Focus on Insulin sensitivity (Inositol or Zinc) to lower Androgens/Aromatization.
- [ ] **HPA Support:** Implement "Calm" protocols (Magnesium, Vitex, or Ashwagandha) to buffer Progesterone.

**Follow-up Date:** \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool | Functional Endocrinology Protocol*

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