

# ENDOCRINE WEB "REVEAL" ASSESSMENT

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

**Instructions:** This tool is designed to help identify patterns of dysfunction within your "Endocrine Web." Instead of looking at hormones in isolation, we are looking at how they signal and interact. Please check the boxes that apply to your experience over the last 30 days.

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## Section 1: The Foundational Hierarchy (Insulin & Cortisol)

*In Functional Medicine, we must address these "Tier 1" hormones before the others can balance.*

**Pattern A: Insulin Signaling** - [ ] I experience energy crashes, especially in the afternoon (3 PM). - [ ] I have "stubborn" weight gain around my midsection (belly fat). - [ ] I experience intense cravings for sugar or refined carbohydrates. - [ ] I feel "hangry" (irritable) if I miss a meal.

**Pattern B: Cortisol & HPA Axis** - [ ] I feel "tired but wired" at night. - [ ] I have difficulty falling asleep or staying asleep. - [ ] I rely on caffeine to get through the day. - [ ] I feel overwhelmed by small stressors.

## Section 2: The Hormone Lifecycle Checkpoints

*Hormones must be produced, transported, sensed, and detoxified. Where is the "break" in your signal?*

Lifecycle Phase	Checkpoint Symptoms	Yes/No
Production	Do you follow a low-fat or fat-free diet? (Need cholesterol for hormones)	[ ]
Transport	Do you have signs of liver sluggishness or digestive bloating?	[ ]
Sensitivity	Do you have "normal" labs but still feel all the symptoms of imbalance?	[ ]

Lifecycle Phase	Checkpoint Symptoms	Yes/No
<b>Detoxification</b>	Do you have fewer than one bowel movement per day? (Risk of reabsorption)	[ ]

## Section 3: Environmental & Lifestyle "Tugs"

- [ ] **EDC Exposure:** I use scented candles, perfumes, or plastic water bottles daily.
  - [ ] **Circadian Rhythm:** I am exposed to bright blue light (screens) within 1 hour of bed.
  - [ ] **Nutrient Gaps:** I rarely eat sea vegetables (iodine) or high-quality proteins (tyrosine).
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## Section 4: Practitioner Pattern Reflection

**Total Checks in Section 1:** \_\_\_\_ (*High scores here indicate we must prioritize Blood Sugar and Stress Management before Thyroid/Sex Hormones*).

**Primary Lifecycle Block Identified:** [ ] Production (Raw materials missing) [ ] Transport (Delivery issues) [ ] Sensitivity (Receptor resistance/inflammation) [ ] Detoxification (Elimination/Gut issues)

### Observations & Patterns:

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### Next Steps:

1. **Foundational Priority:** \_\_\_\_\_
  2. **Lifestyle/EDC Swap:** \_\_\_\_\_
  3. **Functional Testing Recommended:** [ ] Full Thyroid Panel [ ] Fasting Insulin [ ] CAR (Cortisol)
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