

Trigger

Symptom	0	1	2	3	4	5	6	7	8	9	10
water retention											
PMS											
Endometriosis											
Myoma growth											
Weight gain											
slow pulse											
slight chill											
Constipation											
Fatigue											
Exhaustion											
Slowness in speaking and thinking											
tendency to infections											
brittle, dry skin and hair											
Hair loss											
Libido loss											
Cycle disorders (cycles too long or too short - normal: 26/27 days)											
involuntary childlessness											
Miscarriages											
Pressure or pain in the thyroid gland											
swelling of the knuckles											
joint stiffness											
Muscle pain											
strong muscle tensions											
Carpal Tunnel Syndrome											
Flatulence											
chronic fatigue syndrome											
Nausea											
Iron or vitamin B12 deficiency											
elevated cholesterol levels											
Depressive moods											
Irritated mood/internal anger											
hypertension											
low blood pressure											
Anxiety Disorders											

So what symptoms currently apply to you? Let's go through the most important symptoms and scale them.

Scale 0 - 10 (0 - not at all, 1 - very little to 10 - very much)