

The Hormone-Symptom Decoder: 10 Questions to Reveal What Your Body Is Trying to Tell You



Joe Miller
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1st Optimal

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If you're over 35 and constantly wondering:

"Why am I so tired?"

"Why can't I lose weight like I used to?"

"Why does my mood feel unstable for no reason?"

—it's time to stop guessing.

These aren't just normal signs of aging. They're hormonal signals. And once you know how to read them, you can take control of your energy, metabolism, and mental clarity again.

The Adam Questionnaire (Men)

Answer YES or NO to each of the following:

1. Has your sex drive (libido) noticeably declined?
2. Do you feel less motivated or driven in daily life?
3. Have you noticed reduced muscle mass or strength, even with training?
4. Are you experiencing increased body fat—especially in your midsection?
5. Do you often feel tired or run-down despite adequate sleep?
6. Are your erections less frequent or less firm than they used to be?
7. Do you feel more irritable, anxious, or depressed?
8. Have you noticed slower recovery after workouts or injuries?
9. Do you experience brain fog or have trouble focusing?
10. Are you sleeping poorly or waking up unrefreshed?

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The Eve Questionnaire (Women)

Answer YES or NO to each of the following:

1. Are your periods irregular, heavy, or have they recently changed?
2. Do you experience mood swings, irritability, or anxiety—especially around your cycle?
3. Are you gaining weight, particularly around your abdomen or hips?
4. Do you have frequent fatigue or low energy throughout the day?
5. Are you experiencing hot flashes, night sweats, or difficulty sleeping?
6. Do you feel bloated often or experience digestive issues?
7. Have you noticed hair thinning, dry skin, or brittle nails?
8. Do you have brain fog or poor short-term memory?
9. Do you feel “wired but tired” or have trouble calming down at night?
10. Have you experienced a drop in libido or vaginal dryness?

✓ If you answered “YES” to **3 or more questions**, it’s a strong indicator of potential **hormonal dysregulation** such as:

- Estrogen or progesterone imbalance
- Low testosterone
- Cortisol or thyroid dysfunction
- Perimenopause, andropause, or adrenal fatigue patterns

This doesn’t mean something’s broken—it means something’s *off*. And we can help you get clarity.

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1st Optimal's Hormone Health Intake Process

We've helped thousands of men and women take control of their health by:

- Running advanced hormone labs (testosterone, estrogen, cortisol, DHEA, thyroid, insulin)
- Reviewing symptoms and lifestyle in-depth
- Designing personalized protocols based on *your biology*

Whether it's low libido, stubborn weight, or burnout—we don't guess. We test, assess, and customize.

 **Book your free Hormone Health Consultation today.**

Let's talk about your symptoms, your goals, and your next best steps.

 [Click here to book your call »](#)

Citations:

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