



SYMPTOM PICTURE CHECKLIST

INNATE INFLAMMATION

Aches and pains, soreness		DOMS (DOFS)	
Fatigue		Mood changes	

NOTES

IMMUNE ACTIVATION

CELLULAR IMMUNITY		HUMORAL IMMUNITY	
Heat, fever, sweats, clammy		Flushing reactions – itching, mucous, sneezing	
Swelling joints and specific pain or recurrent injury		Wheezing	
Flu-like symptoms		Sensitivities, intolerances, allergies to foods, inhalants and chemicals	
Gut pain, spasm		Gut gas and loose stools	
Autoimmune diagnosis		Diagnosed allergy or anaphylaxis, asthma, eczema	

NOTES

NERVES

FIGHT/FLIGHT		Awake and alert	
Anxiety, panic, worry		Fast heart rate and shallow breathing	
Poor short-term memory & focus		Far sighted	
Strong gut instincts and intuition		Nervous sweating Rash or flushing	

NOTES

NERVES

REST/DIGEST/REPRODUCE		Sleepy	
Apathy, sleepy		Slower heart rate and slower breathing	
Good short-term memory & focus		Near sighted	
Excessive appetite		Cold and dry extremities	

NOTES

ADRENALS

OVER FLOWING		EMPTY	
Insomnia - tired but wired, sudden boost of energy		Hypersomnia - unrefreshed from sleep, can go back to sleep easily during day	
Fluid and swelling		Fatigue - but the more tired you get, the harder it is to get a good night's sleep	
Sexual dysfunction - erectile dysfunction, low libido, premature ejaculation, failure to orgasm, painful intercourse		Dehydration, Salt cravings and Excessive thirst with excessive urination	
Predisposed to allergy and/or infection		Sensitive to glare, noise	
High blood pressure (holding salt)		Increased libido, desire if not too tired	
Worry		Autoimmune, pain and fatigue syndromes/disorders	

NOTES

GONADS

ESTROGEN DOMINANCE		PROGESTERONE INSUFFICIENCY	
Fluid retention and bloating in lower back, bottom, thighs, backs of legs, backs of arms, lower abdomen.		Mid cycle spotting, show, bleed	
Swollen, tender, sensitive, cystic or lumpy breast tissue		Early periods every 2 or 3 weeks	
Excessive fat and fluid in fat just under the skin. Cellulite and/or estrogen dominant body shape		PMS / PMT at ovulation	
Headaches and migraines		Painful ovulation	
Bruising, deep vein thrombosis (DVT), varicose veins		Estrogen dominance signs and symptoms	
Worry and intuition Hypothyroidism (slow thyroid)		Testosterone dominant signs and symptoms	
Menstrual cycle defects with heavy, clotting and painful periods		Or both estrogen and testosterone dominant signs	

ANDROGEN DOMINANCE		HORMONE INSUFFICIENCY	
Pot belly and abdominal distension. Visceral fat deep in abdomen around organs.		Menopause / andropause	
Hirsutism, excessive hair or darkening and thickening of hair in specific regions		Amenorrhoea	
Insulin resistant syndromes - PCOS, diabetes 2, metabolic syndrome, syndrome x		Low or no libido and Sexual dysfunction	
Menstrual cycle defects with scant, delayed, missed periods or amenorrhea (absence of period).		Fatigue	
Pattern baldness, hair loss from crown		Pain and poor recovery and repair	
Acne		Hot flushes / night sweats	
Anger, irritability, aggression		Moody and emotional	

NOTES

THYROID

SLOW		FAST	
Cold		Hot Clammy and/or sweaty	
Dry hair, skin, nails Losing hair (outside 1/3rd of the eyebrow)		Hot feet	
Poor circulation – cold and numbness and tingling extremities		Higher blood pressure	
Slow heart rate, Lower blood pressure		Fast heart rate	
Constipation, dry / hard stools, slow transit time		Diarrhea, loose stools, fast transit time	
Burping, fullness, flatulence, excessive gas		Heartburn, GERD, indigestion	
Fluid retention, swelling, bloating		Dehydration	
Weak, brittle, flaking, cracking finger-nails and toe nails		Hot and sweaty hands and feet	
Diagnosed hypothyroidism, hashimotos or autoimmune thyroiditis		Diagnosed hyperthyroidism or Graves' disease	
Lower basal body temperature		Higher basal body temperature	

NOTES

Disclaimer: This is for information and educational purposes only. This does not replace a face to face consultation with a healthcare professional. Work closely with your medical professional to discuss all of these symptoms and treatment options. If symptoms persist consult a medical professional.

Source: ATP Science