



Holistic Harmony MedSpa
Balancing Mind, Body and Spirit

The Eve Quiz for Women

Take this quiz to help you determine if bio-identical natural hormone replacement is right for you:

1. Have you noticed a decrease in your sex drive?
2. Do you have less energy than you used to?
3. Do you suffer from more depressed moods than usual?
4. Do you have difficulty falling asleep or staying asleep?
5. Have you noticed a change in your memory or concentration levels?
6. Do you find yourself more anxious than in times past?
7. Have you noticed an increase in vaginal dryness?
8. Do you suffer from hot flashes and/or night sweats?
9. Are you suffering from mood swings or irritability?
10. Do you notice an increase in food cravings?

Women answering yes to a combination of any 4 or more of these symptoms may be candidates for bio-identical hormone replacement therapy.