

BRAIN FUNCTION

1. I feel tired in the morning.

Never 0		Sometimes 1		Often 2	
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2. I have trouble with motivation.

Never 0		Sometimes 1		Often 2	
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3. I have difficulty concentrating and remembering things.

Never 0		Sometimes 1		Often 2	
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4. My sleep is restless, unsatisfactory, and I don't wake up refreshed.

Never 0		Sometimes 1		Often 2	
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5. I have restless legs syndrome.

Never 0		Sometimes 1		Often 2	
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6. I feel depressed.

Never 0		Sometimes 1		Often 2	
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7. I experience a decrease in desires and less pleasure.

Never 0		Sometimes 1		Often 2	
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Up to this point, there are signs of a deficiency in catecholamines.

8. I feel irritable, sometimes even aggressive.

Never 0		Sometimes 1		Often 2	
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9. I feel impatient and intolerant of frustration.

Never 0		Sometimes 1		Often 2	
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10. I feel prone to stress.

Never 0		Sometimes 1		Often 2	
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11. I crave sweets or chocolate in the late afternoon.

Never 0		Sometimes 1		Often 2	
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12. I feel dependent on repetitive activities (smoking, alcohol, snacks, intense sports, compulsive shopping).

Never 0		Sometimes 1		Often 2	
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13. I experience cravings and compulsions.

Never 0		Sometimes 1		Often 2	
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14. I have trouble falling asleep.

Never 0		Sometimes 1		Often 2	
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15. I wake up at night and overthink.

Never 0		Sometimes 1		Often 2	
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Up to this point, there are signs of a deficiency in serotonin.

16. I feel physically and mentally exhausted.

Never 0		Sometimes 1		Often 2	
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17. I look paler than usual and/or I am losing hair.

Never 0		Sometimes 1		Often 2	
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Up to this point, there are signs of deficiency in iron.

18. My eye twitches, I have cramps, tingling in my fingers, or jaw contractions.

Never 0		Sometimes 1		Often 2	
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19. I am prone to cramps and convulsions (spasmophilia or tetany).

No 0		Yes 2	
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Up to this point, there are signs of deficiency in magnesium.

20. I take medication for anxiety, sleep, or depression.

No 0		Yes 2	
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