



# APOTHECARY OPTIONS

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## Natural Hormone Replacement Therapy (NHRT) - Weekly Symptom Log Sheet

Week 1													Week 2				
Symptom	Symptom Rating				Date	Estrogen Dosage & Frequency	Progesterone Dosage & Frequency	Testosterone Dosage & Frequency	Symptom Rating				Date	Estrogen Dosage & Frequency	Progesterone Dosage & Frequency	Testosterone Dosage & Frequency	
	Absent	Mild	Moderate	Severe					Absent	Mild	Moderate	Severe					
Fibrocystic Breasts																	
Weight Gain																	
Craving for Sweets																	
Heavy/Irregular Menses																	
Breakthrough Bleeding (note days)																	
Uterine Fibroids																	
Cramps																	
Hot Flashes																	
Night Sweats																	
Sleep Disturbances/Insomnia																	
Dry Skin/Hair																	
Heart Palpitations																	
Acne																	
Anxiety																	
Depression																	
Headaches																	
Loss of Memory																	
Foggy Thinking/Forgetfulness																	
Irritability																	
Mood Swings																	
Breast Tenderness/Swelling																	
Fluid Retention/Puffiness/Bloating																	
Fatigue																	
Bladder Symptoms/Incontinence																	
Arthritis / Aches & Pains																	
Decreased Sex Drive/Enjoyment																	
Vaginal Dryness																	
Cold Body Temperature																	
Frequent Constipation																	
Thin or Brittle Nails																	
Hair Loss																	

Week 3													Week 4				
Symptom	Symptom Rating				Date	Estrogen Dosage & Frequency	Progesterone Dosage & Frequency	Testosterone Dosage & Frequency	Symptom Rating				Date	Estrogen Dosage & Frequency	Progesterone Dosage & Frequency	Testosterone Dosage & Frequency	
	Absent	Mild	Moderate	Severe					Absent	Mild	Moderate	Severe					
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Cold Body Temperature																	
Frequent Constipation																	
Thin or Brittle Nails																	
Hair Loss																	

Record symptoms and dosages every week - preferably the same day each week. Be an accurate historian of how you are feeling.

**Do not make changes to your dosage without first consulting with your prescriber.**