The Sugerilla "Root Cause" Assessment

A comprehensive self-assessment tool designed to identify the underlying factors contributing to hormonal imbalances and PCOS symptoms through eight targeted evaluation categories.

Part 1: My Cycle & Fertility

I have cycles that are 38 days or longer (or my periods are completely irregular). **[Yes/No]**

I experience intense abdominal cramps or breast pain during my cycle. **[Grade 1-5]**

I struggle to track my ovulation, or I have been told I ovulate very late. **[Yes/No]**

I have a formal diagnosis of PCOS from an ultrasound or a doctor. **[Yes/No]**

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Part 2: My Metabolism & & Cravings (Insulin Resistance)

I gain weight predominantly around my abdomen/belly area. **[Grade 1-5]**

I experience intense, uncontrollable cravings for sugar or carbohydrates. **[Grade 1-5]**

I feel shaky, irritable, or "hangry" if I miss a meal or wait too long to eat. **[Grade 1-5]**

I notice dark, velvety skin patches behind my neck or under my arms. **[Yes/No]**

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Part 3: My Skin & Hair (Androgen Excess)

I have coarse hair growth on my chin, upper lip, or chest that I have to remove. **[Grade 1-5]**

I am losing hair on my scalp, or I notice it thinning significantly at the front. **[Grade 1-5]**

I struggle with persistent acne or pimples, especially around my jawline and back. **[Grade 1-5]**

I notice my skin is excessively oily regardless of the products I use. **[Grade 1-5]**

Part 4: My Energy & Stress (Adrenals)

I feel an extreme energy crash every afternoon between 3:00 PM and 5:00 PM. **[Yes/No]**

I am constantly tired and lethargic, even if I get 8 hours of sleep. **[Grade 1-5]**

I feel anxious, overwhelmed, or "wired but tired" late at night. **[Grade 1-5]**

I notice my heart palpitations or a racing heart when I am under pressure. **[Grade 1-5]**

Part 5: My Body Temperature & Digestion Digestion

> **I feel** much colder than the people around me (cold hands/feet). **[Yes/No]**

> **I suffer** from chronic constipation or a very slow digestive system. **[Grade 1-5]**

> **I have** very dry, flaky skin and nails that break easily. **[Grade 1-5]**

> **I feel** a sense of "brain fog" or difficulty concentrating on simple tasks. **[Grade 1-5]**

Part 6: My Internal Inflammation

Inflammation Indicators

These symptoms may signal chronic inflammation affecting your hormonal balance and overall health.

- I **experience** chronic bloating or indigestion after almost every meal. **[Grade 1-5]**
- I **suffer** from recurring headaches, migraines, or unexplained joint pain. **[Grade 1-5]**
- I **have** active allergies, asthma, or skin rashes like eczema/psoriasis. **[Yes/No]**

Part 7: My Environment & Lifestyle

I eat a diet that contains processed foods, seed oils, and hidden sugars. **[Grade 1-5]**

I have a practice of filtering and reusing oil from previous frying sessions **[Yes/No]**

I am struggling to sustain my mental energy,and I feel drained much faster than I expect during my work hours **[Yes/No]**

I find it difficult to take time for relaxation or "me time" during the week. **[Grade 1-5]**

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Part 8: My Confidence & Mood

I feel a deep loss of confidence because of how my body has changed. **[Grade 1-5]**

I avoid wearing my favorite clothes because they no longer fit or look right. **[Grade 1-5]**

I experience severe mood swings or low libido (sex drive). **[Grade 1-5]**

I feel depressed or hopeless about ever "fixing" my hormones. **[Grade 1-5]**