

THE 21ST CENTURY APOTHECARY

The Vitality Self-Assessment

Bonus — The Modern Man's Herbal Playbook

How to use this: Rate each statement 0 (Never) to 3 (Often), based on the last 4–6 weeks. Total each section. This is a reflection tool to help you focus your reading — not a diagnosis. Your highest-scoring section points you to the most relevant chapters to start with.

Section A — Hormonal Signs

I feel a noticeable drop in drive or motivation compared to a few years ago.	0 – 3
My body composition has shifted (more fat, less muscle) despite similar habits.	0 – 3
My mood feels flatter or less resilient than it used to.	0 – 3
My interest in sex has quietly declined.	0 – 3

Section A Total: ____ / 12

Section B — Circulatory Signs

My hands or feet feel cold or take longer to "warm up" than before.	0 – 3
My stamina drops noticeably faster during physical activity.	0 – 3
I've noticed changes in firmness or response that weren't there before.	0 – 3
I feel mentally foggy, as if blood isn't reaching my brain as sharply.	0 – 3

Section B Total: ____ / 12

Section C — Medication-Linked Signs

I am currently on a long-term prescription (blood pressure, statin, SSRI, or diabetes medication).	0 – 3
My symptoms started or worsened around the same time I began a new medication.	0 – 3
I've wondered privately whether my prescription is connected to this, but never asked.	0 – 3
No doctor has ever discussed this side of my medication with me.	0 – 3

Section C Total: ____ / 12

Section D — Stress & Lifestyle Signs

I regularly sleep less than 6 hours, or wake up feeling unrested.	0 – 3
Work or family pressure feels constant, with little real downtime.	0 – 3
I rely on caffeine, sugar, or stimulation to get through the day.	0 – 3
I rarely get natural sunlight or movement in the first hour of my day.	0 – 3

Section D Total: ____ / 12

What Your Highest Score Suggests

Section A highest — Start with Chapters 3 & 6	Testosterone & The Herbal Arsenal
Section B highest — Start with Chapters 4 & 10	Blood Flow & Circulation Foods
Section C highest — Start with Chapter 15	Medications & Male Vitality
Section D highest — Start with Chapters 5, 11 & 12	Stress, Morning & Evening Protocols

This assessment is a reflection tool to help you navigate the book, not a medical or diagnostic instrument. If your scores are high across multiple sections, or you're concerned about any symptom, speak with a qualified healthcare professional — the Doctor Conversation questions in Chapter 15 can help guide that conversation.

THE 21ST CENTURY APOTHECARY — NOT MEDICAL ADVICE. FOR SELF-REFLECTION PURPOSES ONLY.