

EXACTLY HOW TIRED ARE YOUR ADRENAL GLANDS?

If you have any of the following symptoms, put the assigned number (left) in the blank (right). At the end of the questionnaire add up all your numbers.

- 2 Low blood pressure or experience dizziness when going from a lying position to a standing position____
- 2 A craving for salt or salty foods____
- 2 Prone to eczema, hay fever, sneezing attacks, asthma or hives____
- 2 Inability to deal with stress____
- 2 Tendency to get upset or frustrated easily, quick to cry____
- 2 Feeling of being mentally and emotionally overstressed____
- 2 Low blood sugar symptoms such as feeling shaky, weak or irritable when hungry, waking up hungry in the night or feeling your best when eating small amounts of food throughout the day (grazing) ____
- 2 Chronic pain throughout the body, such as dull aches, joint pains similar to arthritis, and muscle weakness. Sometimes you might even experience pain around the kidneys, sides, and lower back near where the adrenal glands are located____
- 2 Food or respiratory allergies____
- 2 Bouts of severe infection or recurrent, chronic infections, such as yeast infections____
- 2 Inability to tolerate much exercise or you feel worse after exercising____
- 2 Depressed and/or moody and/or irritable____
- 2 Find it difficult to get going in the AM (not being rested upon awakening) or need caffeine (coffee, tea, and others) to get you going in the morning____
- 2 Sweat easily without a temperature increase, or get hot flushes and night sweats____
- 2 Tendency to catch colds easily when weather changes____
- 2 Weakness prolonged after colds or flu____
- 2 Voice rises to a high pitch or gets lost in a stressful situation____
- 1 Ridged fingernails____
- 1 Sensitivity to exhaust fumes, smoke, smog, and petrochemicals____
- 1 Dark circles under your eyes____
- 1 Lack of mental alertness or inability to concentrate____
- 1 Regular headaches or migraines____
- 1 Water retention____
- 1 Trouble falling asleep or staying asleep____
- 1 Feeling of tiredness all the time____
- 1 Low tolerance of loud noises and/or strong odors____
- 1 Low tolerance for alcohol, caffeine and other drugs____
- 1 Tendency to get a second wind at night____
- 1 Haven't felt your best in a long time____
- 1 Eyes sensitive to bright light____
- 1 Chronic heartburn____
- 1 Sweet cravings____
- 1 Lack of thirst____
- 1 Chronic pain in the lower neck and upper back____
- 1 A tightness or lump in your throat that hurts when you are emotionally upset____
- 1 Form goose bumps easily____
- 1 A tendency to startle easily or heart pounds hard from unexpected noise____

Grand total_____

Pinpointing the level of adrenal fatigue that you are experiencing is not an exact science. You may only have a few symptoms, but they could be so severe that you are still suffering as much adrenal fatigue as someone with many symptoms. This chart is simply a guideline to help you determine the condition of your adrenal glands and the amount of adrenal support you will need.

Adrenal Fatigue Guideline

0-5 mild fatigue 6-22 moderate fatigue 23-39 severe fatigue 40-54 critically severe fatigue

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