

## 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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