

ADRENAL STRESS QUESTIONNAIRE :

We use this questionnaire to assess the general status of your adrenal glands. We also do Salivary hormone laboratory tests to obtain specific data on the status of your adrenal glands/stress hormones.

Rate each of the symptoms below using the following scale:

- 1- a symptom you've had in the **past**.
- 2- a symptom you've have **occasionally**.
- 3- a symptom that you experience **often**..
- 4- a symptom that you experience **frequently**.

- | | |
|--|---|
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Hypoglycemia [low blood sugar levels] |
| <input type="checkbox"/> Food allergies | <input type="checkbox"/> Poor concentration |
| <input type="checkbox"/> Varicose veins | <input type="checkbox"/> Dizziness on rising |
| <input type="checkbox"/> Muscle twitches | <input type="checkbox"/> Arthritis, bursitis |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Digestive problems |
| <input type="checkbox"/> Nervousness/Anxiety | <input type="checkbox"/> Post exercise fatigue |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Tired/flat feet | <input type="checkbox"/> Environmental sensitivities |
| <input type="checkbox"/> Increase in loss of skin pigmentation | <input type="checkbox"/> Pain in back at base of ribs |
| <input type="checkbox"/> History of asthma/bronchitis | <input type="checkbox"/> Symptoms present since stressful event |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Ulcers |
| <input type="checkbox"/> Crave salt | <input type="checkbox"/> Crave junk foods |
| <input type="checkbox"/> Crave coffee | <input type="checkbox"/> Crave cigarettes |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Edema of extremities |
| <input type="checkbox"/> Alcohol intolerance | <input type="checkbox"/> Recurrent infections |
| <input type="checkbox"/> Excessive urination | <input type="checkbox"/> Excessive perspiration |
| <input type="checkbox"/> Eyes sensitive to light | <input type="checkbox"/> Knee problems |
| <input type="checkbox"/> Low back pain | <input type="checkbox"/> Cold extremities |
| <input type="checkbox"/> Low energy | <input type="checkbox"/> Extreme fatigue |
| <input type="checkbox"/> Aching muscles, especially calves | <input type="checkbox"/> Prolonged exposure to stress |

TOTAL SCORE _____

If you scored:

- 30-50** You have early warning signs that the adrenal glands are weakening, time to get proactive and rejuvenate yourself.
- 50-70** Your adrenals are depleted, it is time to take action before things get worse.
- 70-90** Your adrenals are heavily depleted. Without major effort, your energy level will not likely recover.
- Over 90** Your adrenal glands have become exhausted. You need to give your body some immediate attention in order to get yourself back on track.

It is important to realize that your adrenal function was not impaired overnight. The process occurred over a long period of time. Likewise, the rebuilding of the adrenal glands will not be instantaneous. In the most serious cases of adrenal exhaustion it may take up to two years or more to return the adrenals to normal functioning. Less serious problems will obviously be resolved faster.