

ADRENAL POWER

DO YOU HAVE ADRENAL FATIGUE

Q – I am gaining weight around my middle.

True
 False

Q – I often have trouble waking in the morning (even though I go to bed at a reasonable hour)

True
 False

Q- I have trouble sleeping

True
 False.

Q – I often feel tired after exercise, rather than energized.

True
 False

Q – My body temperature seems off balance (my hands & feet are cold, my face feels warm)

True
 False

Q – In my free time, I'm often too tired to do anything that involves going out of house.

True
 False

Q – I often feel dizzy, faint, like I haven't woke up, or like I'm in a dream.

True
 False

Q – I feel overwhelmed by my responsibilities and seldom have energy to do anything after work.

True
 False

Q – I drink more than 8 ozs of coffee, tea, or pop, or another caffeinated beverage every day.

True
 False

Q – I have dark circles under my eyes.

True
 False

Q – After getting up from lying down or after bending down, I often feel lightheaded or dizzy.

True
 False

Q – My nails are brittle and weak, my hair is dry and thinning, and/or my skin seems to be aging quickly.

True
 False

Q – I frequently catch colds or other infections (cold sores, yeast or bladder infections, eye infections, boils, sinus infections) or my nose is often draining

True
 False

Q – I have strong cravings for sweets, chocolate, or salty foods.

True
 False

Q – I'm often impatient or pessimistic or edgy.

True

False

Q – I have developed allergies, asthma, hay fever, skin rashes (hives, eczema, psoriasis,) Arthritis, autoimmune disease or other inflammatory conditions and/or I've taken anti-inflammatory or steroid drugs

True

False

Q-If I don't eat something every 3 hours I often feel weak and lightheaded.

True

False

Q – I usually do not eat a lot of meat proteins because I have a lot of trouble with digestion.

True

False

Q – I am not interested in sex.

True

False

Q – I have been sick more than 2 times with a cold or allergies in the last 6 months.

True

False

True /20 = % (If you scored greater than 40% you need to start on a plan to manage your stress and nourish your adrenal glands by changing your lifestyle)

