

# What is my body telling me?

## Survey : Adrenal fatigue

Use the chart below to determine your state of Adrenal Fatigue.  
Add up your score after you as you assess these questions and statements:

Signs and symptoms	Never	Sometimes	Regular	Often	Constant
My heart beats quickly	0	1	2	3	4
My face looks thinner	0	1	2	3	4
I have eczema, psoriasis, or other rashes	0	1	2	3	4
My blood pressure is low	0	1	2	3	4
I crave salt or sugar	0	1	2	3	4
I have digestive problems	0	1	2	3	4
I have allergies	0	1	2	3	4
I am stressed out	0	1	2	3	4
I am easily confused	0	1	2	3	4
I am getting more liver spots or moles/freckles than before	0	1	2	3	4
My sex drive has diminished	0	1	2	3	4
I have a lack of stamina	0	1	2	3	4
I feel best around 6pm and get another boost around of energy around 11pm	0	1	2	3	4
I get frequent colds or infections	0	1	2	3	4
I have a reduced ability to withstand emotional pressure	0	1	2	3	4

Overall Score = \_\_\_\_\_

14 or less = Satisfactory

15-24 = Possibly Adrenal deficient

25 or more = Probably Adrenal deficient

High stress levels can interfere with the entire body. Prolonged stress or stressful situations can aggravate your blood sugar regulation, thyroid function, weight management, cardiovascular health, acid/alkaline balance, immune system regulation, digestion and absorption of nutrients and more. If you score high on this test get your labs checked and see how it is affecting your overall health, then use the "Top 10 Lab Tests and Solutions" to put you back in control of your own health and wellness.