

Adrenal Stress Quiz - Naturally Good Health Clinic

Rate each of the symptoms below using the following scale:

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

- Blurred vision
- Hypoglycemia (low blood sugar levels)
- Food allergies
- Poor concentration
- Varicose veins
- Dizziness on rising
- Muscle twitches
- Arthritis, bursitis
- Irritability
- Digestive problems
- Nervousness/Anxiety
- Post exercise fatigue
- Shortness of breath
- Insomnia
- Tired/flat feet
- Environmental sensitivities
- Increase or loss of skin pigmentation
- Pain in back at base of ribs
- History of asthma/bronchitis
- Symptoms present since stressful event (e.g. divorce)
- Depression
- Ulcers
- Crave salt
- Crave junk food
- Crave coffee/cigarettes
- Heart palpitations
- Edema of extremities
- Alcohol intolerance
- Recurrent infections
- Excessive urination
- Excessive perspiration
- Eyes sensitive to light
- Knee problems
- Low back pain
- Cold extremities
- Low energy, extreme fatigue
- Aching muscles, especially calves
- 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 You have some Heavily Depleted Adrenals, without major effort your energy level will not 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 to return the adrenals to normal functioning. Less serious problems will obviously be resolved faster.

Call 403.289.0989 to schedule your next visit to discover what you can do to help your adrenals get back on track faster.