

## ***Adrenal Weakness Quiz***

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1. I often feel dizzy, faint, like I haven't woken up, or like I'm in a dream.
2. After getting up from lying position or after bending down, I often feel lightheaded or dizzy.
3. I have dark circles under my eyes
4. My nails are brittle and weak, my hair is dry and thinning, and/or my skin seems to be aging quickly.
5. I feel tired, run down, drained, or emotionally or physically exhausted much of the time.
6. I catch colds or other infections (cold sores, yeast or bladder infections, eye infections, boils, sinus infections) easily.
7. I'm gaining weight around my middle.
8. I have strong cravings for sweet or salty foods.
9. I feel overwhelmed or stressed by work, family, and other responsibilities.
10. I'm often irritable, impatient and pessimistic.
11. I often have trouble waking in the morning, even though you went to bed at a reasonable hour.
12. I often feel tired after exercise, rather than energized.
13. I have developed allergies, asthma, hayfever, skin rashes (hives, eczema, psoriasis, rosacea, acne), arthritis, autoimmune disease, or other inflammatory conditions and/or I've taken anti-inflammatories or steroid drugs.
14. My body temperature seems off balance (my hands and feet are cold, face is warm even though I am not sick and I have hot flushes).
15. I drink more than one 8oz cup of coffee, caffeinated beverage, or soft drink every day.
16. In my free time I am often too tired to do anything that involved going out of the house?

Check your score:

- 0-3 You are dealing with your stress in a healthy way
- 4-8 Your adrenal glands may be stressed
- 9-12 Your adrenal gland may be in overdrive
- 13-16 You may be in adrenal fatigue



*Chronic stress can impact health in many ways. This quiz is not intended to diagnose or replace an assessment from your health practitioner, but it can help you learn about how chronic stress can affect health. Contact our clinic for more information.*