

Self Test Screening for Adrenal Status

Ideally, use both of the following self-test screening processes:

A. Questionnaire Self-Test:

Answer whether you have any of the following

- Excessive Fatigue
- Light headedness (or dizziness, etc.) Upon Standing
- Craving for Sweets
- Alcohol Intolerance
- Hypoglycemia (low blood sugar)
- Poor resistance to infections (in general)
- Chronic Infections or Chronic Allergies
- Skin, Dry &/or "thin"
- Low Blood Pressure
- Easily Irritated
- General Nervousness
- Weakness
- Anxiety/Depression/Fearfulness/Food "sensitivities", or inhalant allergies
- Become emotional after eating sweets or starches
- Hard to gain weight or to build muscle mass
- Poor Memory
- Excessive hunger
- Low tendency to perspire
- Low Sex Drive

Scoring the Questionnaire:

If you answered yes to 5 or more of the above, you might consider having laboratory testing done – especially if your blood pressure test also indicates a low adrenal status.