

# Adrenal Fatigue Quiz

Here we are going to assess how stress and overwhelm are affecting your life and your adrenal function.

Grab a pen and paper, jot down the scores for each of these questions and tally up at the end.

0 = never/rarely	1 = occasionally/slightly	3 = intense
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Past = previous to the date/event you noticed the decline of your health
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Now = How you feel since that date/event
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Predisposing Factors:

	Past	Now
I have experienced long periods of stress that have affected my wellbeing		
I have had 1 or more severely stressful events that have affected my wellbeing		
I have driven myself to exhaustion		
I overwork with little play or relaxation for extended periods		
I have taken long term or intense steroid therapy (corticosteroids)		
I tend to gain weight, especially around the middle		
I have a history of alcoholism and/or drug use		
I have environmental sensitivities (e.g. Hayfever)		
I have diabetes (type 2, adult onset, NIDDM)		
I suffer anorexia		
I have one or more other chronic illnesses or diseases		

Key Signs and Symptoms:

	Past	Now
My ability to handle stress and pressure has decreased		

I am less productive at work		
I seem to have decreased cognitive ability. I don't think as clearly as I used to		
I tend to avoid emotional situations		
I tend to shake or am nervous under pressure		
I suffer from nervous stomach indigestion when tense		
I have many unexplained fears/anxieties		
My sex drive is noticeably less than it used to be		
I get light headed or dizzy when rising rapidly from a sitting or lying positions		
I have feelings of greying out or blacking out		
I am chronically fatigued: a tiredness that can't be relieve by sleep		
I feel unwell much of the time		
I notice that my ankles are sometimes swollen – the swelling is worse in the evening		
I usually need to lie down or rest after sessions of psychological or emotional pressure/stress		
My muscles are weaker than they should be		
My hands and legs get restless – experience meaningless boy movements		
I have become allergic and/or have increased frequency/severity of allergic reactions		
When I scratch my skin, a white line remains for a minute or so		
Small irregular dark spots have appeared over my forehead, face, neck and shoulders		
I sometimes feel weak all over		
I have unexplained and frequent headaches		
I am frequently cold		
I have decreased tolerance for cold		
I have low blood pressure		

I often become hungry, confused, shaky or somewhat paralysed under stress		
I have lost weight without reason while feeling very tired and listless		
I have feelings of hopelessness or despair		
I have decreased tolerance. People irritate me more		
The lymph nodes in my neck are frequently swollen		
I have times of nausea and vomiting for no apparent reason		

Energy Patterns:

	Past	Now
I often have to force myself in order to keep going. Everything seems like a chore.		
I am easily fatigued		
I have difficulty getting up in the morning (I don't really wake up until about 10am)		
I suddenly run out of energy		
I usually feel much better and fully awake after lunch		
I often have an afternoon low between 3 – 5pm		
I get low energy, moody or foggy if I do not eat regularly		
I usually feel my best after 6pm		
I am often tired at 9-10pm, but resist going to bed		
I like to sleep late in the morning		
My best, most refreshing sleep often comes between 7 – 9 am		
I often do my best work late at night (and early in the morning)		
If I don't go to bed by 11pm, I get a second burst of energy around 11pm, often lasting until around 1-2am		

Frequently Observed Events:

	Past	Now

I get coughs/colds that stay around for several weeks		
I have frequent or recurring bronchitis, pneumonia or other respiratory infections		
I get asthma, colds and other respiratory involvements two or more times per year		
I frequently get rashes, dermatitis or other skin conditions		
I have rheumatoid arthritis		
I have allergies to several things in the environments		
I have chronic fatigue syndrome		
I get pain in the muscle sin the back of my neck and lower back for no apparent reason		
I get pain in the muscles on the sides of my neck		
I have insomnia ort difficulty sleeping		
I have fibromyalgia		
I suffer from asthma		
I suffer from hay fever		
I suffer from nervous breakdown		
My allergies are becoming worse		
The fat pads on the palms of my hands and/or tips of my fingers are often red		
I bruise more easily than I used to		
I have tenderness on my back near my spine at the bottom of my rib cage when pressed		
I have swelling under my eyes upon rising that goes away when I have up for a couple of hours		

### Food Patterns

	Past	Now
I need coffee or some other stimulant to get going in the morning		
I often crave food high in fat and feel better with high fat foods		
I use high fat foods to drive myself		

I often use high fat foods and caffeine containing drinks (coffee, softs drinks, chocolate) to drive myself		
I feel worse if I eat high potassium foods (like banana, figs potatoes) especially if I eat them in the morning		
I crave high protein foods (cheese, meats)		
I crave sweet foods(pies, cakes, pastries, doughnuts, dried fruits, lollies, desserts)		
I feel worse if I miss or skip a meal		

Aggravating Factors:

	Past	Now
I have constant stress in my life		
My dietary habits tend to be sporadic and unplanned		
My relationships at work and/or home are unhappy		
I do not exercise regularly		
I eat lots of fruit		
My life contains insufficient enjoyable activities		
I have little control over how I spend my time		
I restrict my salt intake		
I have gum and/or tooth infections or abscesses		
I have meals at irregular times		

Relieving factors

	Past	Now
I feel better almost right away when a stressful situation is resolved		
Regular meals decrease the severity of my symptoms		
I often feel better after spending a night out with friends		
I often feel better if I lie down		
Other relieving factors?		

# My Total =

## Results:

**Number of questions answered:**

32+ - some degree of adrenal fatigue likely  
< 20 – adrenal fatigue unlikely

**Total Points:**

< 40 – No adrenal fatigue  
45 – 88 – Mild  
89-132 – Moderate  
132+ - severe

Don't despair if you have a high point total.

The reason I wrote this book is help the increasing number of women like you.

Buckle up and read on!