

Adrenal Fatigue Signs & Symptoms

1. Continuing fatigue not relieved by sleep

Despite getting a good night's sleep, you still feel tired when you wake up.

Refreshed is a foreign word to people with adrenal fatigue. Yes / No

2. Craving for salt or salty foods

You find yourself eating the whole bag of chips or adding extra salt to foods. Yes / No

3. Lethargy (lack of energy)

Everything seems like a chore, even the things you used to enjoy. Yes / No

4. Easily fatigued

Everything takes more effort. Walking a block sometimes feels like a marathon.

Yes / No

5. Decreased sex drive

The hottest movie star could be waiting in your bedroom and you would ask for a rain check. Sex is often the last thing on your mind when you hardly have the energy to keep your head up.

Yes / No

6. Decreased ability to handle stress

Little things that never used to bother you, get to you. Road rage, constant anxiety, yelling at your kids, compulsive eating, smoking or drug use are some of the behaviours that let you know your adrenals are crying out for help.

Yes / No

7. Increased time to recover from illness, injury or trauma.

The cold you got in October is still hanging on in December. The cut on your finger takes weeks to heal. Two years after your father died you are still incapacitated by grief.

Yes / No

8. Mild depression.

Why bother making an effort, it sometimes seems so pointless?

Yes / No

9. Less enjoyment or happiness with life.

Not much seems to interest you any more. Work and relationships feel empty and you almost never do something just for fun.

Yes / No

10. Increased PMS

Bloated, tired, crabby, cramping and craving chocolate - does it get any worse than this?

Yes / No

11. Symptoms increase if meals are skipped or inadequate

You have to drive yourself with snacks, cokes, and coffees just to keep from collapsing.

Yes / No

12. Thoughts less focused, more fuzzy

You frequently lose track of your train of thought and it is harder and harder to make decisions.

Yes / No

13. Light headed when standing up quickly Sometimes you feel a little woozy or even like you are going to pass out when you get up too fast from the bed or chair.	Yes / No
14. Memory less accurate You've become so absent-minded, you should be a professor.	Yes / No
15. Decreased tolerance People seem a lot more irritating than they used to.	Yes / No
16. Difficulty getting up in the morning Three alarms and you still don't feel awake enough to lift your head off the pillow.	Yes / No
17. Afternoon low between 3:00 pm and 4:00 pm Around 3:00 - 3:30 in the afternoon you start to feel like you have been drugged.	Yes / No
18. Feels better after the evening meal. After 6:00 PM or your evening meal, you start to feel alive again.	Yes / No
19. Decreased productivity It takes you longer to complete tasks and it is harder to stay on task.	Yes / No
20. Increased effort to do every day tasks. Everything seems to require much more effort than it should.	Yes / No

What's your score?

If you are experiencing more than three of them, you are likely suffering from some form of adrenal fatigue. Here are some guidelines:

5 out of 20 - suggestive of a degree of adrenal stress. Also check thyroid. Vitamin & Mineral testing may be appropriate. A balanced diet with macro-nutrient balancing is suggested, avoidance of stimulants and sugar, refined carbohydrates and alcohol should restore normal functioning. Consider Multi Vit & Min (e.g. GlucoBalance), Buffered Vit C, extra Pantothenic Acid. Regular aerobic exercise reduces stress. Suggest support for lifestyle stress management.

10 out of 20 - suggestive of more long term stress concerns. Also check thyroid. Same dietary principles of balancing protein and carbohydrate, but especially at breakfast, do eat some protein. Eat small & frequent meals. Reduce and then avoid all stimulants and sugar. Consider Multi Vit & Min (e.g. GlucoBalance), Buffered Vit C, extra Pantothenic Acid, Adrenal Glandular, B Complex, L-Glutamine, L-Tyrosine. Regular aerobic exercise reduces stress. Do not increase this person's exercise programme at this time, however, since this may deplete energy reserves. Wait for one to two months before stepping up the exercise. Suggest support for lifestyle stress management.

15 out of 20 - Same as above, but consider testing adrenal & thyroid hormones. In addition, consider ADHS, Phos Serine Complex, Stabilium, Pro-Greens, CoEnzyme

Q10. Consider involvement of poor liver detoxification, chronic infections, allergies, parasitic infection.

More than 15 out of 20 - Same as above, adrenal testing strongly recommended, but seriously consider testing one or more of these: immune function, digestive health, parasite screen, allergies, liver detox, pesticide screen & spinal check. Score would suggest that changes need to be made NOW. Tests to identify precise imbalances are warranted.

Interpreting the answers to the questionnaire

No single one of these symptoms gives a definitive diagnosis of hypoadrenia (adrenal fatigue), but taken collectively as a syndrome, they strongly suggest its presence. If many of these seem familiar, then you are probably suffering from some level of fatigue. Although we have come to accept it as such, adrenal fatigue is not a part of normal life! These symptoms indicate defective adaptation of your adrenal glands to the stresses you are experiencing. They are warnings that something needs to change if you want to feel well again.