

## Adrenal fatigue

### Do you have adrenal fatigue?

To help you determine whether adrenal insufficiency is a factor, you will find a checkbox questionnaire with symptoms below. Please go through this now to get clarity if there is a need for action.

Symptom	✓
I have low blood pressure.	
I feel dizzy when I stand up.	
I have low blood sugar (have to eat very regularly).	
I have cravings for salty things.	
I have a craving for sweets.	
I have dark circles under my eyes.	
I have trouble sleeping (either falling asleep or staying asleep).	
I don't have a restful sleep and wake up exhausted in the morning.	
I have difficulty concentrating.	
I have a headache.	
I often have infections (cold, flu, gastrointestinal, cystitis).	
I don't tolerate sports well and feel exhausted afterwards.	
I feel stressed most of the time.	
I feel tired.	
I have water retention.	
I have panic attacks or am easily frightened.	
I have palpitations.	
I need to start the day with caffeine.	
I tolerate alcohol, caffeine rather poorly.	
I feel weak and shaky.	
I have sweaty hands and feet when I'm nervous.	
My muscles are weak.	
I quickly get the feeling that everything is too much for me.	

I have \_\_\_\_\_ points.

From 7 points you can assume that your adrenals are weakened.

After building up the adrenals, it is worth repeating the test to see if you are on the right track.

You should have fewer points then.

Now you have clarity on whether adrenal insufficiency is likely.

