

## Adrenal Fatigue Symptoms Check List

Rate the following from 0 to 5, with 0 being no problem and 5 being a severe problem.

- 1     \_\_\_\_\_ Difficulty getting up in the morning
- 2     \_\_\_\_\_ Continuing fatigue, not relieved by rest and sleep
- 3     \_\_\_\_\_ Lethargy, lack of energy to do normal daily activities
- 4     \_\_\_\_\_ Sugar cravings
- 5     \_\_\_\_\_ Salt cravings
- 6     \_\_\_\_\_ Allergies
- 7     \_\_\_\_\_ Digestion problems
- 8     \_\_\_\_\_ Increased effort needed for everyday tasks
- 9     \_\_\_\_\_ Decreased interest in sex
- 10    \_\_\_\_\_ Decreased ability to handle stress
- 11    \_\_\_\_\_ Increased time needed to recover from illness, injury
- 12    \_\_\_\_\_ Light headed or dizzy when standing up quickly
- 13    \_\_\_\_\_ Low mood
- 14    \_\_\_\_\_ Less enjoyment or happiness with life
- 15    \_\_\_\_\_ Increased PMS
- 16    \_\_\_\_\_ Symptoms are worse if meals are skipped
- 17    \_\_\_\_\_ Thoughts are less focused, brain fog
- 18    \_\_\_\_\_ Memory is poor
- 19    \_\_\_\_\_ Decreased tolerance for noise, disorder
- 20    \_\_\_\_\_ Don't really wake up until after 10:00am
- 21    \_\_\_\_\_ Afternoon low between 3:00pm and 4:00pm
- 22    \_\_\_\_\_ Feel better after supper
- 23    \_\_\_\_\_ Get a second wind in the evening and stay up late
- 24    \_\_\_\_\_ Decreased ability to get things done – less productive
- 25    \_\_\_\_\_ Have to keep moving – if I stop, I get tired.
- 26    \_\_\_\_\_ Feeling overwhelmed by all that needs to be done.
- 27    \_\_\_\_\_ It takes all my energy to do what I have to. There's none left for anything or anyone else.

A score of 20-40 suggests mild Adrenal stress, 40-70 moderate, and over 70 severe.

Acupuncture and Naturopathic Medicine can help restore and protect your adrenals.  
Talk to Claudia at 510-978-3444 or [naturalhealingways@gmail.com](mailto:naturalhealingways@gmail.com)