

Adrenal Fatigue Questionnaire

Answer these questions according to what you are presently experiencing and/or have experienced within the last two years. Answer with a “yes” or “no”.

1. Do you awake in the morning feeling tired, sluggish and it's hard to get going without a stimulant?
2. Do you feel fatigued all day or have an afternoon slump?
3. Do you have trouble sleeping – either with falling asleep or awaking early?
4. Do you feel cold frequently or have cold hands and feet?
5. Do you often feel anxious, nervous and/or irritable?
6. Are you experiencing weight gain, especially around your waist and stomach?
7. Do you often feel sad or depressed, or do you experience mood swings?
8. Do you have frequent headaches?
9. Do you have trouble concentrating?
10. Do you crave sweets?
11. Do you crave salt?
12. Is your skin dry and/or thin?
13. Is your memory poor?
14. Do you experience constipation?
15. Has your libido (sexual desire) declined?
16. Do you experience heart palpitations?
17. Do you have food or environmental allergies or sensitivities?
18. Do you have chronic pain?
19. Do you often feel stressed or overwhelmed?
20. Do you experience digestive issues or acid reflux?

Total the yes and no answers.

5 or less yes answers – could be adrenal fatigue

7 yes answers – adrenals are most likely weak and need restoring

8 or more yes answers – the adrenals are definitely weak and in need of healing

Realize that the symptoms named above can be symptoms of many other disorders in and of themselves, but when multiple symptoms in the list above are present, the adrenals are part of the disorder. Since the adrenals play such a significant role in the function of every system in your body, it requires restoring the adrenal function in order to heal other disorders.