

Adrenal Health Questionnaire

The following questionnaire will help to determine your level of adrenal fatigue.

Instructions: Read each statement and decide its degree of severity based on the ranking system below.

0 = Never

1 = Occasionally (1-4 times per month)

2 = Moderate in severity and occurs moderately frequently (1-4 times per week)

3 = Intense in severity and occurs frequently (more than 4 times per week)

1. I get dizzy or see spots when standing up rapidly from a sitting or lying position.
2. I urinate more frequently than others and may need to get up at night.
3. I feel as though I might faint or black out.
4. I have chronic fatigue.
5. I have mitral valve prolapse or heart palpitations.
6. I often must force myself to keep going.
7. I have difficulty getting up in the morning.
8. I have low energy before the noon meal - approximately 11:00 a.m.
9. I have low energy in the late afternoon between 3:00 p.m. and 5:00 p.m.
10. I usually feel better after 6:00 p.m.
11. I often feel best late at night because I get a "second wind."
12. I have trouble getting to sleep.
13. I tend to wake up early (approximately 3:00 a.m. to 5:00 a.m.) and have trouble getting back to sleep.
14. I have vague feelings of being unwell for no apparent reason.
15. I get swelling in the extremities such as the ankles.
16. I need to rest after times of mental, physical or emotional stress.
17. I feel more tired after exercise or physical activity either soon after or the next day.
18. My muscles feel weak and heavy more than I think they should.
19. I have chronic tenderness in my back area near the bottom of my rib cage.
20. I have a weak back and/or weak knees.
21. I have restless extremities.
22. I am allergic to many things such as foods, animals and pollen.
23. My allergies are getting worse.
24. I get bags or dark circles under my eyes which may be worse in the morning.
25. I have multiple chemical sensitivities.
26. I have asthma or regular bouts of bronchitis, pneumonia or other respiratory infections.
27. I have dermatographism (a white line appears on my skin if I run my fingernail over it and the line persists for one minute).
28. I have an area of pale skin around my lips.
29. The skin on the palms of my hands and soles of my feet tend to be red/orange in color.
30. I tend to have dry skin.
31. I tend to get headaches and a sore neck and shoulders.
32. I am sensitive to bright light.
33. I frequently feel colder than others around me.
34. I have decreased tolerance to cold.
35. I have Raynaud's syndrome (extremely cold hands/feet).
36. My temperature tends to be below normal when measured with a thermometer.
37. My temperature tends to fluctuate during the day.
38. I have low blood pressure.
39. I become hungry, confused or shaky if I miss a meal.
40. I crave sugar, sweets or desserts.
41. I use stimulants such as tea or coffee to get started in the morning.

43. I need caffeine (chocolate, tea, coffee, colas) to get me through the day.
44. I often crave salt and/or foods high in salt such as potato chips.
45. I feel worse if I eat sweets and no protein for breakfast.
46. I do not eat regular meals.
47. I eat fast food often.
48. I am sensitive to pharmaceutical or nutritional supplements.
49. I have taken steroid medications for a long term or at a high dose.
50. I have symptoms that improve after I eat.
51. I tend to be thin and find it difficult to put weight on.
52. I have feelings of hopelessness and despair or have been diagnosed with depression.
53. I lack motivation because I do not feel I have the energy to get things done.
54. I have decreased tolerance toward other people and tend to get irritated by them.
55. I get more than two colds per year.
56. It takes me a long time to recover from illness.
57. I get rashes, dermatitis, eczema, psoriasis or other skin conditions.
58. I have an autoimmune disease.
59. I have fibromyalgia.
60. I have had mononucleosis or been diagnosed with Epstein Barr virus.
61. I do not exercise regularly.
62. I have a history of substantial amounts of stress in my life.
63. I tend to be a perfectionist.
64. My health is negatively affected by stress.
65. I tend to avoid stressful situations for the sake of my health.
66. I am less productive at work than I used to be.
67. My ability to focus mentally is impaired.
68. Stressful situations hinder my ability to focus.
69. Stress causes me to become overly anxious.
70. I startle easily.
71. It can take me days or weeks to recover from a stressful event.
72. I tend to get digestive disturbances when tense.
73. I tend to get unexplained fears and phobias.
74. My sex drive is exceptionally low or non-existent.
75. My relationships at work and or home tend to be strained.
76. My life contains insufficient time for fun and enjoyable activities.
77. I have little control over my life and I feel "stuck."
78. I tend to get addicted easily to drugs, alcohol or foods.
79. I suffer from post-traumatic distress disorder.
80. I have or have had an eating disorder.
81. I have gum disease and/or tooth infections or abscesses.
82. I have symptoms of premenstrual syndrome (PMS).
For women only
83. My periods are irregular and/or affected by stress.
For women only

INTERPRETATION

TOTAL SCORE:

Under 40: very slight or no adrenal fatigue

41-80: mild adrenal fatigue

81-120: moderate adrenal fatigue

Above 120: severe adrenal fatigue

Your Results

YOUR SCORE UNDER 40

Well done! It is unlikely that you have adrenal gland issues.

ACTION STEPS

Continue to manage your stress well, exercise regularly and keep your blood sugar balanced through healthy eating. Congrats!

YOUR SCORE 41-80

Your score indicates that stress has begun to take a toll on your health.

STAGE ONE: BOOST OF ENERGY + ALERTNESS

When you've got work deadlines, or you're rushing around trying to get things done, your body helps you out by giving you a short and sudden burst of energy. The adrenal glands release stress hormones that give you the energy to do whatever it is that you need to do. Whether or not you've had any sleep or coffee, your body will find you the energy to power through. However, shortly after, your energy levels crash and leave you feeling exhausted.

You may be experiencing mild symptoms and noticing certain changes in your body. These symptoms may be intermittent or only occur when stress is higher. Symptoms such as occasional disrupted sleep, energy fluctuations, increasing irritability, mild weight gain, intermittent digestive issues as well as slightly heightened reactions to stress are also linked to adrenal dysfunction. There is much opportunity to regain your ability to handle stress and ensure that your adrenal glands do not continue to become compromised.

ACTION STEPS

- ✓ Choose 1-3 action steps from the LIFESTYLE LIST below and do them consistently each day.
- ✓ Prioritize sleep (aim for 7-9 hours) and get to bed by 10pm as the body does the most healing from 10pm-2am.
- ✓ Add in the FOUNDATIONAL NUTRIENTS for optimal adrenal gland health from the therapeutic list below.
- ✓ Follow the nutritional tips in the EATING FOR ADRENAL HEALTH guidelines.
- ✓ Complete your STRESS INVENTORY and begin to make changes to identify unnecessary stressors in your life.

Your Results

YOUR SCORE 81-120

Your score indicates that stress has been a residing theme in your life for quite some time and is affecting your health in many ways.

STAGE TWO: TIRED BUT JITTERY

If you're under chronic stress, your adrenal glands are continually going through this cycle of releasing cortisol and giving you energy and then depleting energy levels shortly after. You eventually start to feel tired, but you still need to get your stuff done, so you start drinking caffeine to give you a more "reliable" energy boost. However, caffeine makes your hormone imbalances worse. You may also be noticing increasing anxiety, cravings, mood swings, waking up frequently in the night, hair loss, feelings of overwhelm, irritability and digestive symptoms. Your body is communicating with you through these symptoms and is asking you to take notice. Now is the time to make some changes in your daily life.

ACTION STEPS

- ✓ Choose 1-3 action steps from the LIFESTYLE LIST below and do them consistently each day.
- ✓ Prioritize sleep (aim for 7-9 hours) and get to bed by 10pm as the body does the most healing from 10pm-2am.
- ✓ Add in the FOUNDATIONAL NUTRIENTS for optimal adrenal gland health from the therapeutic list below.
- ✓ Follow the nutritional tips in the EATING FOR ADRENAL HEALTH guidelines.
- ✓ Complete your STRESS INVENTORY and begin to make changes to identify unnecessary stressors in your life. This is critical for you to begin doing this now to prevent burnout from occurring in the future.
- ✓ In addition to the FOUNDATIONAL NUTRIENTS also start on the following Phase 2 supplement-
 - Pro De Stress- Take 1 capsules with breakfast and dinner. [Order here](#)

FOUNDATIONAL NUTRIENTS

These are the 3 most important supplements to take regularly to meet your foundational needs:

- ✓ Empower Plus Advanced- Take 1 capsule with breakfast and dinner daily. [Order here.](#)
- ✓ Magnesium Breakthrough- Take 1-2 capsules at bedtime nightly. [Order here.](#)
- ✓ Ultra Flora Biome Pro- Take 1 capsules with breakfast. [Order here](#)

Your Results

YOUR SCORE ABOVE 120

Your score indicates that stress has hijacked your life and is significantly affecting your health in many ways.

STAGE THREE: BURNOUT

Eventually, the adrenal glands struggle to keep up with the body's constant demand for cortisol. Your body becomes cortisol resistant to balance your hormones and get rid of this excess cortisol. As a result, your cortisol levels can no longer peak in the mornings to give you that extra energy to start your day. Instead, you have low cortisol levels throughout the entire day, leaving you feeling extremely fatigued. Other symptoms you may be experiencing include poor recovery from stress and physical exertion, increasing allergies, lowered immunity, anxiety, brain fog, waking up for significant times in the night, low blood sugar, poor circulation, dizziness, dragging yourself out of bed in the morning, sugar and carb cravings, body aches and finally exhaustion that does not cease.

ACTION STEPS

- ✓ Choose 1-3 action steps from the LIFESTYLE LIST below and do them consistently each day.
- ✓ Prioritize sleep (aim for 7-9 hours) and get to bed by 10pm as the body does the most healing from 10pm-2am.
- ✓ Add in the FOUNDATIONAL NUTREINTS for optimal adrenal gland health from the therapeutic list below.
- ✓ Follow the nutritional tips in the EATING FOR ADRENAL HEALTH guidelines.
- ✓ Complete your STRESS INVENTORY and begin to make changes to identify unnecessary stressors in your life. This is critical for you to complete as you must minimize stress as much as possible.
- ✓ If you can take a break from work, then take that opportunity.
- ✓ Rest as often as possible.
- ✓ Avoid stimulants, high intensity exercise (only walk and do restorative movement), toxic people, stressful situations and keep plans to a bare minimum.
- ✓ In addition to the FOUNDATIONAL NUTRIENTS also start on the following Stage 3 supplements:
 - Pro-Adapt (do not take if you have high blood pressure)- 1 tablet with breakfast and 1 tablet with dinner. [Order here.](#)
 - Exhilarin -1 tablet with breakfast and 1 tablet with dinner. [Order here..](#)

FOUNDATIONAL NUTRIENTS

These are the 3 most important supplements to take regularly to meet your foundational needs:

- ✓ Empower Plus Advanced- Take 1 capsule with breakfast and dinner daily. [Order here.](#)
- ✓ Magnesium Breakthrough- Take 1-2 capsules at bedtime nightly. [Order here.](#)
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Book an appointment [here](#) for one-on-one guidance especially if you are in Stage 2 or 3.

Lifestyle List

15 TIPS FOR REGULATING YOUR NERVOUS SYSTEM

1. Drink 1/2 your body weight in ounces of well-filtered water with added trace mineral drops such as Concentrace by Trace Minerals (blue glass bottle) which also has 250 mg of magnesium chloride per 40 drops.
2. Begin each day with 12-16 ounces of warmed water with a few drops of trace minerals and a pinch of Celtic Sea Salt.
3. Sip water throughout the day versus gulping large amounts at once.
4. Salt your food liberally with Celtic or Himalayan Sea Salt.
5. Eat a nutrient-dense, bioavailable diet that supports balanced blood sugar levels. See below for some examples.
6. Avoid snacking and aim for at least a 12-hour fast overnight. FYI, snacking is most often emotionally driven versus true hunger.
7. Optimize your breathing patterns. Disordered breathing, such as rapid, shallow chest breathing is common. The way in which we breathe is a primary signal to the nervous system to gauge whether we are in a state of threat versus safety.
8. Spend as much time in natural sunlight and nature daily as possible, especially within the first 1-2 hours of sunrise.
9. Avoid blindly taking supplements, especially isolated minerals and vitamins. Work with a practitioner to make sure you are taking the right things for your body and your individual situation.
10. Optimize your circadian rhythm. The hours of sleep before midnight, sunlight exposure in the early hours of the day, and what we do and expose ourselves to within 2 hours of bedtime are the most critical components.
11. Make your bed each morning and set an intention for the day. This sends a strong signal to your nervous system and entire body that you are ready for the day so they can conspire in your favor.
12. Give yourself a double high five in the mirror each morning and say something kind to yourself. Think of something that would feel good coming from someone else. For example, "You're amazing, and I appreciate you!"
13. Read something thought-provoking, educational and inspiring for at least 15 minutes daily.
14. Increase emotional resilience by learning to FEEL emotions versus intellectualizing them. Try to notice how you are feeling throughout the day without judging your emotions. Just notice them!
15. Create a daily recharge ritual that includes restorative movement, breath work and mindfulness meditation of some kind and be consistent. This practice alone can be a gamechanger!

Eating for Adrenal Health

OPTIMIZE NUTRITION FOR HEALTHY ADRENALS

Begin by incorporating these lifestyle nutritional changes:

1. Drink half your body weight in ounces of filtered water each day. Do whatever it takes to achieve this.
2. Eliminate mindless snacking and eat 3 balanced meals each day. Space your meals several hours apart so that your blood sugar can re-set between meals.
3. Consume high quality protein at every meal and start each meal with a few bites of protein. This will cause a hormone called glucagon to be released while you are eating which will prevent insulin spikes.
4. Do not snack after dinner. Allow your body at least 3 hours to fully digest your food before going to sleep.
5. Limit inflammatory foods such as sugar, gluten, processed foods and most dairy.

Follow the foods to avoid and foods to consume list below as much as possible and enjoy creating new meals from the examples below.

Food groups that help promote hormone balance:

While there are many factors that can affect hormonal balance, a healthy diet is one of the most significant. The best foods for hormone balance includes foods from all food groups. Food can create or treat diseases in the body. Certain foods have been repeatedly shown to increase the inflammatory process in the body. Inflammation is the body's natural response to protect itself against foreign bacteria, viruses and infection. When the body senses a threat, a release of chemicals and white blood cells (our body's germ fighters) are triggered. There are 6 main causes of inflammation that include toxicity, infection, allergies, nutritional deficiency or excess, injuries or emotional trauma. The foods you eat are a catalyst to either increase or decrease that inflammatory response!

Here are some food groups that can help promote hormonal balance:

1. Protein-rich foods: Protein is essential for building and repairing tissues and hormones in the body. Foods like eggs, lean meats and legumes are excellent sources of protein.
2. Healthy fats: Healthy fats are important for hormone production and regulation. Foods like nuts, seeds, avocados and fatty fishlike salmon are great sources of healthy fats.
3. Fiber-rich foods: Fiber helps regulate digestion and can also help regulate hormone levels. Foods like fruits, vegetables, whole grains and legumes are excellent sources of fiber.
4. Cruciferous vegetables: Cruciferous vegetables like broccoli, cauliflower and Brussels sprouts contain compounds that can help balance estrogen levels in the body.
5. Fermented foods: Fermented foods like yoghurt, kefir and kimchi contain beneficial bacteria that can help promote gut health and hormonal balance. In certain inflammatory conditions such as rheumatoid or osteoarthritis, fibromyalgia, celiac disease and multiple sclerosis, the immune system's response is inflammatory even when there is no actual threat.

Eating for Adrenal Health

The top 5 hormone disrupting foods include:

1. Sugar
2. Processed foods
3. Excessive alcohol/caffeine
4. Most dairy products (exceptions- plain yoghurt and goat cheese)
5. Gluten

SAMPLE HORMONE BALANCING MEAL PLAN

Here is an example of a 3-day healthy eating hormone balancing meal plan:

BREAKFAST	LUNCH	DINNER
Egg and veggie scramble mix 2 whole eggs with 1 cup veggies and scramble in ghee or coconut oil	Rye bread with veggies and protein- 1 slice whole rye bread topped with chicken or turkey, lettuce, peppers and tomatoes	Grilled salmon with steamed or grilled veggies and cauliflower rice- Air fry or bake salmon and choice of veggies; sauté 1 cup cauliflower rice in ghee or coconut oil
High protein oatmeal- cook 2/3 cup steel cut or whole oats, add 1 scoop protein powder or 2 eggs and top with berries or apples and cinnamon	High protein lunch bowl Layer 2/3 cup cooked quinoa, any leftover protein (chicken, turkey, salmon), chopped peppers, grated carrot, sliced cucumbers and top with sliced avocado	Chickpeas sautéed in coconut oil with veggies sauté 1 can chickpeas in 1 Tbsp, coconut oil with chopped zucchini, peppers, yams, broccoli, tomatoes, carrots, green onions. Add in 1 can coconut milk and 1 Tbsp curry, cumin and turmeric
High protein plain yoghurt with fruit (opt for low glycemic fruit like berries, apples or peaches)	Tuna stuffed avocados-mix 1 can tuna with 2 Tbsp. Plain yoghurt, lemon, 1 Tbsp. dill, salt and pepper. Cut avocado in half, discard seed, slice avocado lengthwise and crosswise in shell. Top tuna mixture onto avocado boats.	Turkey meatballs with steamed or grilled veggies mix 1 lb. of ground turkey, 1 egg, ½ cup oats, 1 tbsp. mustard, 1 tsp. dried oregano, 2 cups chopped spinach, ½ tsp ground pepper- 1 serving is 4 meatballs. Makes 16 meatballs. Serve with grilled veggies

Stress Inventory

DE-STRESS YOUR LIFE

START HERE

Stress Inventory - Create a list that identifies all the stressors in your life:

Doing this will have a significant impact on your life is the BEST way!

- ✓ Include home, work and family stress
- ✓ Be as detailed as possible
- ✓ Include all stressors from the most trivial details to insurmountable stressors
Examples- commuting, unfinished projects, out of control schedules, toxic relationships, lack of sleep, poor nutrition, unfulfilling job, financial stress etc.
- ✓ Consider the relationships in your life- are there some that need to be mended or some that need to be ended?

Once the list is complete, look at your list and identify the items that can be changed and those that cannot be changed.

For the things that can be changed, ask yourself how it can be changed and when it can be changed. Write the action items that you need to take to make the changes possible. Start with the smallest item first and, one at a time, slowly make the changes.

For the things that cannot be changed- pay attention to your perspective and the narrative surrounding that stressor. Begin to think differently about that unchangeable stressor. Change your perspective on it. Release it. Perceived stress is the same as the stress actually happening. In other words, your adrenals will flood your body with stress hormones as you sit and worry about stressors that are not actually happening!

Find an outlet for your stress. Outlets may include non-stimulating forms of exercise such as walking, light jogging, stretching, Pilates, light weightlifting, swimming or biking.

Book an appointment [here](#) for one-on-one guidance especially if you are in Stage 2 or 3.