

# Heal Your Hormones

## Adrenal Assessment

Check all that apply. If more than three apply to you, your adrenals need support.

- I have a low body temperature.
- My libido has reduced.
- I am prone to diarrhea.
- My PMS symptoms are increasing.
- I have a tendency to shake/tremble when under pressure.
- I have gained weight around the waist and am unable to lose it.
- I have a lack of energy in the mornings and have difficulty getting up.
- I need coffee or other stimulants to get going in the morning.
- I often feel tired around 9-10pm but resist going to bed.
- I have pain in the upper back/neck for no apparent reason.
- Infections seem to last longer for me (colds, flu etc.)
- I am frequently lightheaded when I stand up.
- I am increasingly unable to remember things.
- I feel bloated.
- I crave salty and/or fatty foods (ie: cheese, chips, meats).
- I have lingering mild fatigue after exertion or stress.
- Get tired and exhausted very easily.
- I am sensitive to minor changes in weather and surroundings.
- I suffer from acne.
- Dark bluish or black circles under my eyes.
- Have bouts of nausea without vomiting.
- I feel puffy and swollen all over my body.
- Catch cold or infections easily.
- Body or parts of the body feel tender, sore, sensitive to the touch, hot or painful.
- A lot of foods bother me (I am sensitive to a lot of foods).
- I suffer from blood sugar swings.
- I have hypoglycemia.
- My cravings are out of control.
- Total Checked: \_\_\_\_\_