

ADRENAL STRESS INDICATORS

Name _____

Date _____

Stress can cause every known symptom. Cumulative stress leads to an increasing number of symptoms. Please check only those symptoms you have now or have been significant in the past 6 months.

- _____ Depressed mood
- _____ Significant weight loss or gain
- _____ Insomnia
- _____ Oversleeping
- _____ Fatigue, low energy
- _____ Feelings of worthlessness or guilt
- _____ Difficulty concentrating
- _____ Indecisiveness
- _____ Recurrent death or suicide thoughts
- _____ Nervous exhaustion
- _____ Anxiety or worry
- _____ Frequent crying
- _____ Being extremely shy
- _____ Lumps or swelling in neck
- _____ Vision problems
- _____ Hearing problems
- _____ Sore or sensitive tongue
- _____ Change in sense of taste
- _____ Breathing problems
- _____ Frequent colds
- _____ Sore throat or hoarseness
- _____ Enlarged tonsils
- _____ Difficulty in swallowing
- _____ Coughing spells
- _____ High or low blood pressure
- _____ Heart problems
- _____ Shortness of breath
- _____ Heartburn
- _____ Feeling bloated
- _____ Excess belching
- _____ Nausea
- _____ Peptic ulcer
- _____ Loss of appetite
- _____ Digestive problems
- _____ Excess hunger
- _____ Frequent urination at night
- _____ Urinary problems

- _____ Constipation
- _____ Diarrhea
- _____ Other bowel problems
- _____ Frequent stomach trouble
- _____ Intestinal worms
- _____ Hemorrhoids
- _____ Yellow jaundice
- _____ Biting your nails
- _____ Stuttering or stammering
- _____ Sexual problems
- _____ Hernia or rupture
- _____ Kidney or bladder disease
- _____ Stiff or painful muscles or joints
- _____ Back or shoulder pain
- _____ Painful feet
- _____ Itching or burning skin
- _____ Dizziness
- _____ Cold hands or feet
- _____ Epilepsy
- _____ Tendency to shake or tremble
- _____ Tendency to be too hot or too cold
- _____ Sedentary
- _____ Overweight or underweight
- _____ Dental problems
- _____ Coated tongue
- _____ Varicose veins
- _____ Headaches
- _____ Surgery within the past year
- _____ Get angry easily
- _____ Feel lonely or sad

FOR WOMEN ONLY:

- _____ Difficult or heavy menses
- _____ PMS
- _____ On birth control pills -
(during last year)
- _____ Vaginal discharge
- _____ Hot flashes
- _____ Have had hysterectomy
- _____ On hormonal replacement
- _____ Lumps in breast

FOR MEN ONLY:

- _____ Weak or slow urine stream
- _____ Prostate trouble
- _____ Swelling or lumps in testicles
- _____ Trouble getting erections

SCORING: If you have 20 or more symptoms at the same time, you are likely to have a DHEA / Cortisol imbalance. If you have less than 10 symptoms, it is likely your DHEA / Cortisol levels are good.