



## Nutritional & Environmental Medicine Qld

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### Adrenal Questionnaire

Read each question carefully, and record the number next to a question if it applies to you. When you finish, add up the numbers you have recorded.

Do you experience fatigue?	3
Do you have allergies?	3
Do you have asthma?	3
Do you have recurrent infections?	3
Are you under severe emotional stress?	3
Do you suffer from chronic pain or physical stress?	3
Do you have low blood pressure?	2
Do you have a low pulse rate (<70/min with no exercise)?	2
Do you feel faint when you rise quickly?	2
Do you experience depressed moods?	2
Do you experience joint pain?	2
Do you have muscle pain?	2
Do you have low libido?	2
Do you have hair loss?	2
Do you have anxiety attacks?	2
TOTAL SCORE	_____

<7 adrenal fatigue unlikely

7-12 adrenal fatigue possible

>12 adrenal fatigue very likely

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Health & Vitality Through Nutritional & Anti-Aging Medicine