

Name _____ Date _____

Low Adrenals

SIGNS, SYMPTOMS AND ASSOCIATIONS OF LOW ADRENALS

(Circle any symptoms you have)

Infertility	Allergies or asthma that started as an adult	Joint pain
Frequent infections	Chronic fatigue	Fibromyalgia
Hypoglycemia (low blood sugar episodes)	Cravings for sweets	Shakiness relieved by eating
Dizziness	Moodiness	Recurrent infections that take a long time to resolve
A lot of stress in your life before your symptoms began	Low blood pressure	Dizziness upon first standing
Food craving or sensitivities	Post partum depression	Depression
PMS	Poor perspiration	Poor concentration
Irritability		