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Adrenal burnout questionnaire

Give a numerical score of 0-4 (0 never, 1 rarely, 2 sometimes, 3 often , 4 always) for the following: (add 1 point if condition is severe)

1. I feel fatigued even after a good nights sleep. _____
2. I have low tolerance to cold _____
3. My body temperature is below 98.6 _____
4. I have poor circulation _____
5. I have low blood sugar (hypoglycemia) _____
6. I have food and/or inhalant allergies _____
7. I suffer from depression and/or apathy _____
8. I have low stamina and/or endurance _____
9. I have low resistance to infections _____
10. My self esteem is low due to low energy _____
11. I have joint and muscle aches and pains _____
12. I have poor digestion _____
13. I have a tendency toward constipation _____
14. I need more than eight hours of sleep to feel rested _____

Total points _____

Answer Key:

Less than 10 points your adrenals are probably not overly stressed or you can cope with your stress reasonably well.

Between 10-15 points: your adrenals are moderately stressed and you may benefit from an adrenal regeneration program

Between 16-20 points: your adrenals are being pushed too hard and you would benefit from an adrenal regeneration program.

Over 21 points: You are probably in adrenal burnout and your health is at risk if you do not implement a stress reduction and adrenal regeneration program.