

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **Symptoms of Hypoadrenia**

For the following symptoms that you are aware of mark a (1) for mild symptoms (occur once or twice a year), a (2) for moderate symptoms (occur several times a year), and a (3) for severe symptoms (you are aware of almost constantly). **Leave blank if doesn't pertain.**

- allergies
- digestive problems
- abnormal cravings
- constant fatigue
- chronic low back problems
- cold hands and feet
- alternating constipation and diarrhea
- attacks and/ or anxiousness
- pre-menstrual syndrome
- sugar handling problems (reactive hypoglycemia)
- sensitivity to lights
- cold sores
- increased urination
- ringing in ears
- dizziness upon standing
- muscle twitching
- muscle cramps
- varicose veins
- tight anal sphincter
- swelling in legs, feet, arms and hands
- anger
- insomnia
- pain at sides along lowest rib line
- ulcers
- impotency
- heart palpitations
- heart attack recovery
- tired feet, weak ankles, sore calves, fallen arches
- excessive perspiration
- hemorrhoids
- abdominal fullness after eating
- bruxism (grinding of teeth)
- susceptibility to alcohol and drugs