

Name _____

Email: _____

NUW STRESS - ADRENAL ASSESSMENT

BLANK=Never 1=Weekly (Mild) 2=Daily (Moderate) 3 = Several times per day (Intense)

Anxiety	
Depression	
Frequent urination	
Fidgeting	
Hard to concentrate	
Headaches	
Irritability	
Jaw pain or tooth grinding	
Lack of joy or enthusiasm	
Memory diminished	
Mid body weight gain	
Muscle cramps	
Muscular weakness	
Neck stiffness	
Sensitive to bright lights	
Shaking hands	
Caffeine needed each morning	
Constipation	
Cravings for heavy or fatty foods	
Dehydration	
Picking at skin or fingernails	
Poor sleep	
Sighing frequently	
Allergies worsening	
Blurred vision	
Blood pressure too low or too high	
Fatigue throughout the day	
Facial swelling	
Heart rate rapid even when resting	
Intolerance to cold weather	
Fatigue in the afternoon	
Gas and bloating	
Heartburn	
Irregular stools	
Irritability when meals are delayed	
Joint pain	
Nausea	
Salt cravings	
Sugar cravings	

Adrenal fatigue is common when there is an extended period of stress and/or pain

Nutrients that nourish the adrenals include B-vitamins, Vitamin C, and sodium.

Herbs that nourish the adrenals include licorice, rehmannia, withania, eleuthero, and rhodiola

Glandular support may be utilized to rest the adrenals while restoration through nutrition and homeopathy occur.

Stress reduction, meditation, and reduction/elimination of stimulants may also be beneficial

Homeopathic Adrenal-Milieu along with Adrenal-Codes can be used in conjunction with the above for additional support.



0 - 15 = Thriving!

16 - 30 = Stressed

31 - 45 = Wired and Tired

46+ = Crashed

