

Adrenals Questionnaire

Hypo

- Sensitive to air pollutants or smoke
- Sex drive has noticeably decreased
- Hand quivers when it is outstretched
- Eyes sensitive to bright light
- Feelings of muscular weakness
- Episodes of graying out or blacking out
- Use cortisone, prednisone, or steroids
- Black or purplish circles under eyes
- Pupils pulsate or remain dilated
- Dizzy or light headed upon standing
- Low blood pressure
- Wake up too early in the mornings and very difficult to fall asleep again
- Crave salt
- Crave high protein foods

Hyper

- High blood pressure
- Rapid pulse
- Puffy face or facial fluid retention
- Muscular and relatively stronger than others
- (female) Excess hair on face, arms, legs
- Hot flashes

This questionnaire is for education purposes only and not for diagnosing, treatment or prescribing of remedies or cures for any disease or medical condition.