

Adrenal Function Assessment

For each question, circle the number that best describes your symptoms:

0 = No or Rarely – You have never experienced the symptom

1 = Occasionally – Symptoms come and go and are linked in your mind to stress, diet, fatigue, or some identifiable trigger

3 = Often – Symptoms occur 2-3 times per week and/or with a frequency that bothers you enough that you would like to do something about it

5 = Frequently – Symptoms occur 4 or more times per week and you are aware of them everyday, or it occurs with regularity on a monthly or cyclical basis

1. Lingering mild fatigue after exertion or stress	0	1	3	5
2. Do you find that you get tired and exhaust easily?	0	1	3	5
3. Craving for salty foods	0	1	3	5
4. Sensitive to minor changes in weather and surroundings	0	1	3	5
5. Dizzy when rising or standing up from a kneeling position	0	1	3	5
6. Dark bluish or black circles under your eyes	0	1	3	5
7. Catch colds or infections easily	0	1	3	5
8. Wounds heal slowly	0	1	3	5
9. Feel puffy and swollen all over your body	0	1	3	5
10. Skin is gradually tanning without exposure to sun or the ingestion of high levels of carotene-rich foods (e.g: carrot juice) or supplements	0	1	3	5
11. Feel more tired after exercise, "exercise intolerance"	0	1	3	5
12. Feel sensitive to bright light or sunlight – need to wear sun glasses often	0	1	3	5
13. Having frequent urination without symptoms of urinary tract infection, feeling like water just "goes through" the body	0	1	3	5
14. Having premenstrual syndrome symptoms or fertility issues	0	1	3	5
15. Feel run down, irritable, "can't cope any longer" kind of stress	0	1	3	5
16. Feel anxious and edgy with heart palpitations, insomnia, etc...	0	1	3	5
17. Having chronic muscle and joint pain problem	0	1	3	5
18. Been diagnosed with bone loss (osteopenia, osteoporosis)	0	1	3	5
19. Poor memory, difficulty with concentration	0	1	3	5
20. Experiencing alcohol intolerance	0	1	3	5
21. Chemically sensitive to all strong odors, fumes, etc...	0	1	3	5
22. Low thyroid functions – fatigue, easy weight gain, low body temperature	0	1	3	5
23. Problems with regulating blood sugar – tendency for low blood sugar	0	1	3	5

If you score high in most of these questions, please ask Dr. Vo about the **Adrenal Stress Index test** and getting your adrenal glands' functions restored and balanced. There are various treatment options available to you to improve your energy production, muscle and joint function, immune system health, bone health, sleep quality,...etc...in other words, your vitality!