



Adrenal Fatigue - Symptom Checklist

- Alcohol intolerance
- Allergies to foods and/or inhalants, often multiple
- Alternating diarrhea and constipation
- Apprehension, worries
- Body temperature fluctuations, hot and/or cold
- Confusion, periodic or chronic
- Craving for salty foods, blood level of sodium often low normal
- Craving for sweets
- Decreased or difficulty sweating
- Depression or dysthymia
- Difficulty building muscle, easy to lose muscle mass
- Difficulty losing weight
- Dry skin
- Dyspepsia (indigestion)
- Easily overwhelmed
- Epigastric or stomach discomfort
- Excessive fatigue
- Excessive hunger
- Feel better briefly after eating
- Feelings of frustration
- Gain weight easily
- Hair loss
- Headaches (generalized)
- Heart palpitations (fluttering)
- Hypoglycemia
- Impaired memory
- Inability to concentrate
- Insomnia
- Irritability
- Joint pain and/or tightness
- Lightheadedness that occurs upon standing from lying down
- Low blood pressure
- Men: erectile dysfunction
- Mental confusion, foggy thinking
- Muscle pain and/or tension
- Neck or upper back pain for no apparent reason
- Nervousness
- Poor resistance to infections
- Reduced sex drive, low libido
- Scanty perspiration
- Sensation of cold (feel cold often)
- Sick more often
- Startle easily
- Stimulants needed for energy in morning
- Swollen tongue, scallop marks on sides
- Tendency to inflammation
- Thin, dry skin
- Trembling when under pressure
- Unexplained tears
- Weakness
- Women: heavy periods, PMS

Name _____

Date _____