

Adrenal Stress/Fatigue Indicators

NAME: _____

HEIGHT: _____ SEX: _____

TEST	WEIGHT	AGE	DATE	TEMP *	What is your Main Health Complaint?	
1st Test					How long has it been present?	
2nd Test					What have you tried that has NOT worked?	
3rd Test					What does it prevent you from doing that you love to do?	
4th Test					On a 1-10 scale, what is your level of commitment to getting well?	
5th Test						
6th Test						

* TEMP - Take your Oral Temperature upon awakening before getting out of bed for 5 days (not necessarily consecutive). Add them up. Divide by 5. Enter your result.

Please rate any condition that applies to you NOW and in the PAST, using the following scale:

5 = Severe 4 = Strong 3 = Moderate 2 = Mild 1 = Weak 0 = Not Present

- Start by going through and marking in the NOW column only the symptoms that apply to you currently
- Then go back and respond in the PAST column to the symptoms you marked in the NOW column
- Rate your response in the PAST column based on how you felt when the symptoms were at their WORST

KEY: Red numbers indicate worsening since last test. Green numbers indicate improvement.						
4th Test	3rd Test	2nd Test	NOW	PAST	ENDOCRINE FUNCTION	NOTES & COMMENTS
					asthma	
					bright light/sunlight bothers me	
					bruise easily	
					chronic illness	
					cold often	
					crave salt	
					decreased ability to handle cold	
					diarrhea	
					diminished sex drive, low libido	
					dizzy or light-headed upon standing	
					dry skin	
					edema, fluid retention (around ankles, under eyes, etc.)	
					endometriosis	
					energy low	
					excessive facial or body hair	
					exercise exhausts, makes me feel worse	
					fatigue easily	
					fatigue not relieved by sleep	
					fibrocystic breasts	
					hair brittle	
					hair loss	
					hay fever	
					headaches	
					heart arrhythmia	
					heart palpitations	
					heartburn, reflux, or GERD	
					hot flashes	
					hyperthyroid (medically diagnosed)	
					hypothyroid (medically diagnosed)	
					impotence	
					increased effort to perform daily tasks	
					indigestion when stressed or tense	
					low blood pressure	
					low body temperature (below 98 degrees orally)	
					menstrual irregularities/problems	
					migraines	
					nails brittle, break easily	
					nausea	
					need my daily coffee, tea, or cola (caffeine)	
					need to wear sunglasses in bright sunlight	
					night sweats	
					no energy to exercise	
					often awake between 2-3 a.m. (not because I'm hungry)	
					oily skin	
					PMS (cramps, nausea, headaches, irritability, etc.)	
					rashes, dermatitis, itching skin, or hives often	
					sleepy, drowsy during the day	
					slow to get going in a.m. and/or like to sleep late	
					sodium retention (medically diagnosed)	
					spider veins	

					swelling or puffiness under eyes	
					tender breasts	
					thin or delicate skin	
					thyroid disorders (medically diagnosed)	
					tire easily, low stamina/endurance	
					tired/low energy, especially in afternoon	
					unable to get pregnant	
					unable to maintain pregnancy	
					urinate frequently	
					uterine fibroids	
					vaginal dryness	
					wake up feeling tired or unrested	
0	0	0	0	0	ENDOCRINE SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	NEURAL TISSUE HEALTH	NOTES & COMMENTS
					absentminded	
					ADD/ADHD	
					angry often	
					anxiety, anxiousness (can be for no apparent reason)	
					apathetic	
					avoid emotional confrontations or situations	
					best sleep often between 7 – 9 a.m.	
					can't think clearly	
					concentration difficult	
					decreased ability to handle stress or pressure	
					decreased tolerance of others	
					depression, sadness, melancholy	
					despair	
					emotionally stressed	
					fearful (can be for no apparent reason)	
					feel best in the evenings	
					feel overwhelmed often	
					feel unwell often	
					foggy thinking	
					forgetful	
					get confused often	
					hard to do tasks quickly	
					hard to get out of bed or get going in a.m.	
					hard to think or act quickly	
					have little control over how I spend my time	
					hopelessness feelings	
					inability to calm down	
					insomnia - hard to fall asleep	
					insomnia - wake up & can't go back to sleep	
					irritability	
					just don't feel right, not myself	
					lack drive, motivation	
					learning is difficult	
					less productive than in the past	
					loud noises bother	
					memorization difficult	
					memory poor	
					mentally stressed	
					mood swings, emotional ups and downs	
					must force myself to keep going	
					nervous breakdowns	
					nervousness	
					panic attacks	
					procrastinate often	
					shake or feel nervous under pressure	
					sleeping pills needed for sleep	
					spacey, hard to focus	
					startle easily	
					stress or pressure causes me to lie down and rest	
					suddenly run out of energy	
					tearful, could cry easily	
					thinking gets confused when under pressure	
					thinking not as clearly as in the past	
					thoughts too many, too rapid	
					timid, overly cautious	
					upset easily	
					work best late at night	

					worry	
0	0	0	0	0	NEURAL TISSUE SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	MUSCULO-SKELETAL HEALTH	NOTES & COMMENTS
					arthritis, osteo	
					arthritis, rheumatoid	
					circulation poor	
					difficulty building muscle	
					losing muscle mass	
					low back pain	
					muscle weakness	
					osteopenia	
					osteoporosis	
					pain in jaw (TMJ)	
					pain in joints (not due to injury)	
					pain in low back area	
					pain in lower neck	
					pain in sciatica	
					pain in shoulders	
					pain in upper back	
					sprains or strains occur easily or often	
					stiffness or achiness, especially in morning	
0	0	0	0	0	MUSCULO-SKELETAL HEALTH SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	CARBOHYDRATE METABOLISM	NOTES & COMMENTS
					alcohol intolerance	
					anger, irritability relieved by eating	
					craving for sweets	
					diabetes, Type I	
					diabetes, Type II	
					excessive hunger	
					feel faint often	
					feel weak	
					hyperglycemia—high blood sugar	
					hypoglycemia—low blood sugar	
					insulin resistance	
					light-headed often	
					nausea, eating relieves	
					often awake between 2-3 a.m. and need to eat something	
					shakiness, nervousness relieved by eating	
0	0	0	0	0	CARBOHYDRATE METABOLISM SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	EICOSANOID MODULATION	NOTES & COMMENTS
					allergies - food	
					allergies – other inhalants	
					allergies – seasonal (hay fever)	
					things)	
					autoimmune diseases-ALS	
					autoimmune diseases-Crohn's	
					autoimmune diseases-Graves'	
					autoimmune diseases-Hashimoto's	
					autoimmune diseases-Lupus	
					autoimmune diseases-MS	
					autoimmune diseases-Other	
					bacterial infections	
					cancer	
					cardiovascular disease	
					catch colds easily	
					CFS-chronic fatigue syndrome	
					chemical sensitivities	
					coughs or colds usually last for several weeks	
					environmentally sensitive, reactive	
					food intolerances, reactivities, or allergies	
					fungal infections	
					get sick easily or often	
					gum infections (gingivitis)	
					headaches	
					immune deficiency	
					inflammation (not due to injury)	
					often get colds or flu	
					pain (not due to injury)	
					parasite infections	
					sensitive to odors, flowers, or chemicals	

					sick more often, takes longer to get well	
					sinus problems	
					tooth infections (pyorrhea)	
					urinary tract infections	
					viral infections (cmv)	
					viral infections (ebv)	
					viral infections (herpes)	
					yeast infections (candida)	
0	0	0	0	0	EICOSANOID MODULATION SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	DETOXIFICATION CAPACITY	NOTES & COMMENTS
					acne	
					alternating constipation and diarrhea	
					aversion to certain foods	
					bloating	
					burping or belching	
					constipation (b.m. less than once a day)	
					dark circles under eyes	
					diarrhea	
					exposure to environmental toxins	
					heavy metal accumulation	
					intestinal gas	
					irritable bowel	
					kidney disorders	
					leaky gut	
					liver disorders	
					loss of appetite	
					lung disorders	
					often have nightmares	
					rashes, hives often	
					skin problems, bad skin, bad coloring	
					strong body odor	
					sweat burns my skin	
0	0	0	0	0	DETOXIFICATION CAPACITY SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	FAT & PROTEIN METABOLISM	NOTES & COMMENTS
					digestive disorders	
					mucosal surface integrity problems	
					slow healing	
					sweat has an ammonia odor	
					unable to lose weight	
					weight gain - waist, hips, thighs	
					weight loss	
0	0	0	0	0	FAT & PROTEIN METABOLISM SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	ADRENAL INDICATORS TOTALS	Copyright © 2008 Healthexcel and Functional Diagnostic Nutrition Version 1.4
4th Test	3rd Test	2nd Test	NOW	PAST	ENDOCRINE FUNCTION SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	NEURAL TISSUE HEALTH SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	MUSCULO-SKELETAL SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	CARBOHYDRATE SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	EICOSANOID MODULATION SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	DETOXIFICATION SUB-TOTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	FAT & PROTEIN SUB-TOTAL	

Hit "<Ctrl>Shift N" to SORT tables by NOW column Ratings
Hit "<Ctrl>Shift S" to SORT tables by Symptoms