

## Adrenal Stress Causes

Please rate any selection 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

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4th Test	3rd Test	2nd Test	NOW	PAST	MENTAL / EMOTIONAL	NOTES & COMMENTS
					acute stress or crisis	
					anger often	
					anxiety often	
					autism	
					bi-polar disorder	
					chronic, unrelenting stress	
					depression often	
					despair or hopeless often	
					don't take enough time for myself	
					experienced long periods of stress that effected my well-being	
					experienced one or more stressful events or traumas that effected my well-being	
					fearful often	
					financial stresses prevalent	
					grief feelings often	
					guilt feelings often	
					impatience often	
					irritable often	
					mental strain for prolonged period(s)	
					nervous often	
					no or too little down time	
					often exercise to exhaustion	
					often work until I'm exhausted	
					overwork, work long hours	
					panic attacks	
					post traumatic distress syndrome	
					push too hard until exhaustion	
					relationship conflict or stress (family, work, romantic, friendship, marriage, etc.)	
					sad often, no apparent reason	
					type "A" personality	
					went through a major mental or emotional trauma in last 5 years (death in family, divorce, lost job, lost home, moved, etc.)	
					work stress (unhappy, boss problems, co-worker disputes, deadline pressures, etc.)	
					work too much, I'm a workaholic	
					worry about things too much (money, future, relationships, kids, world affairs, health, etc.)	
0	0	0	0	0	MENTAL / EMOTIONAL	
4th Test	3rd Test	2nd Test	NOW	PAST	ENVIRONMENTAL	NOTES & COMMENTS
					air pollution exposure	
					chemical exposures	
					electromagnetic fields (computers, etc.)	
					geo-physical stressors	
					heavy metal accumulation in hair	
					metal fillings in teeth	
					mold exposure at work or home	
					noise pollution	
					non-organic foods	
					processed foods and drink	
					radiation (airplanes, computers, x-rays)	
					root canals in teeth	
					smoking or second hand smoke exposure	
					toxic exposures in air (smog)	
					water pollution	
					wear a dental splint on teeth	
					wear braces on teeth	
0	0	0	0	0	ENVIRONMENTAL	
4th Test	3rd Test	2nd Test	NOW	PAST	LIFESTYLE	NOTES & COMMENTS
					dieting (calorie restriction)	
					excessive exercise	
					lack of exercise	
					late hours (not in bed before 10 p.m.)	
					light cycle disruption ("grave yard" shift)	
					long work commutes	
					overscheduled life	
					overwork (physical strain)	
					physical injury, trauma, accident	
					poor diet	
					serious falls or blows to the head	
					sleep deprivation - insufficient quality or duration (less than 8 hours per night)	
					surgery	
					temperature extremes	
					too much to do, not enough time	
					whiplash	
0	0	0	0	0	LIFESTYLE	

4th Test	3rd Test	2nd Test	NOW	PAST	METABOLISM	NOTES & COMMENTS
					acute infections	
					alcohol abuse	
					antibiotic use often	
					bacterial infections	
					bacterial infections-bacteroides fragilis	
					bacterial infections-clostridium perfringens	
					bacterial infections-E. coli	
					bacterial infections-E. enterococcus	
					bacterial infections-helicobacter pylori	
					birth control pills	
					caffeine abuse	
					candidiasis, candida overgrowth	
					chronic fatigue (CFS)	
					chronic illness	
					chronic indigestion	
					chronic infections	
					chronic inflammation	
					chronic pain	
					colitis, mucous	
					colitis, ulcerative	
					diagnosed degenerative condition/disease	
					drug abuse	
					environmental sensitivities	
					food allergies, reactivities, sensitivities	
					fungal infections	
					gingivitis	
					gluten intolerance	
					GSE – Gluten Sensitive Enteropathy	
					GSE-celiac disease	
					GSE-dermatitis herpetiformis	
					hyperthyroid	
					hypothyroid	
					inhalant allergies	
					injury to head, neck, or back	
					insulin resistance	
					kidney problems	
					lactose intolerance	
					liver toxicity or other problems	
					low blood sugar (hypoglycemia)	
					lung or respiratory problems	
					mal-absorption	
					mal-digestion	
					nutritional deficiencies	
					oxidative stress	
					parasites protozoa, flatworms, roundworms	
					parasites-cryptosporidium parvum	
					parasites-entamoeba histolytica	
					parasites-giardia lamblia	
					parasites-toxoplasma gondii	
					protein digestion insufficiency	
					pyorrhea	
					structural problems, misalignments	
					sucrose intolerance	
					TMJ stress	
					viral infections (ebv, cmv, herpes)	
					yeast infections	
0	0	0	0	0	<b>METABOLISM</b>	

Please list any use of Prescription Drugs:

Please list any use of Over-the-Counter drugs:

4th Test	3rd Test	2nd Test	NOW	PAST	ADRENAL CAUSES TOTALS
					MENTAL / EMOTIONAL SUB-TOTAL
					ENVIRONMENTAL SUB-TOTAL
					LIFESTYLE SUB-TOTAL
					METABOLISM SUB-TOTAL

Hit "-<Ctrl>-Shift X" to SORT tables by NOW column  
Hit "-<Ctrl>-Shift Y" to SORT tables by Symptoms