

## **SYMPTOMS OF ADRENAL STRESS**

(Print out and circle any symptoms you have)

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| <ul style="list-style-type: none"><li>• Anxiety</li><li>• Nervousness</li><li>• Low blood pressure</li><li>• Blood pressure falls on standing (normally, it should rise)</li><li>• Dizziness on standing</li><li>• Hypoglycaemia</li><li>• Cold, hands and feet especially</li><li>• Tremor</li><li>• Headaches</li><li>• Numb area to back/top of head</li><li>• Dry eyes</li><li>• Insomnia</li><li>• Dark ring under eyes</li><li>• Hot flushes</li><li>• Alternate constipation and diarrhoea</li><li>• Irritable bowel</li><li>• Wind</li><li>• Panic attacks</li><li>• Poor concentration</li><li>• Poor perspiration</li><li>• Shakiness relieved by eating</li><li>• Food cravings or sensitivities</li><li>• Post partum depression</li></ul> | <ul style="list-style-type: none"><li>• Mood swings</li><li>• Pins and needles</li><li>• "Burning" skin</li><li>• Erratic heart rate, especially at night</li><li>• Rushes of adrenaline at night</li><li>• Heart Murmur</li><li>• Swollen tongue</li><li>• "Lump" in throat</li><li>• Tanned or tan easily</li><li>• Vivid dreams/nightmares</li><li>• PMS</li><li>• Erratic periods, in length of cycle or amount of loss</li><li>• Flushed face, especially in evenings</li><li>• Pain in adrenals</li><li>• Frequent illness</li><li>• Loss of libido</li><li>• Grinding teeth</li><li>• Slow Achilles heel reflex</li><li>• Infertility</li><li>• Joint pain</li><li>• Frequent infections</li><li>• Chronic fatigue</li><li>• Allergies or asthma that started</li></ul> |
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