

Adrenal Fatigue: Self-test and Treatment

In this assessment, we will look at your physical symptoms and help you determine if you have adrenal exhaustion. Keep in mind that when you have stress, the first stage is a high cortisol level and then your adrenal glands eventually get tired and your cortisol and adrenaline levels drop. So, depending on where you are in this process, your symptoms might be mild, because you are just beginning to be fatigued or you are still in a high cortisol state. If you score high on the test below, that means you have progressed onto exhaustion with low levels of cortisol. This is important for you to know because your immune system can't recover until your adrenal glands are healthy again. The first step is to make a diagnosis, then you can begin treatment. Chapters 5 and 6 in *The Immune System Recovery Plan* explains this topic in great detail, including more testing and treatment options. Here, we offer a guide to get you started.

First, take the test on Page 2.

Write in your total on the appropriate line below:

- ___ 1-10: Your adrenal glands are not fatigued.
- ___ 11-20: You probably have moderate adrenal fatigue.
- ___ 21-30: Your adrenal glands are exhausted.

What did you discover from doing the test? If you found out that you need treatment for tired adrenals, we created the Step 2 Starter kit just for you. You need to Learn to Relax to reduce the stress on your body, and take adrenal supplements to re-balance and heal your tired glands. Don't forget to focus on eating a diet low in sugar, caffeine and alcohol, and eating lots of fruits and veggies, and enough protein to keep your energy stable during the day. We include whey protein powder in the kit because making a protein shake is a yummy way to make sure you are getting good nutrition. Just mix 1 scoop in a blender with water and your favorite organic fruit (fresh or frozen) and you have a delicious breakfast or snack that your adrenals will love.

Remember, it took a long time for your adrenals to "burn out" so it will take some time to make them better. We suggest planning on doing this program for 3-6 months, but keep in mind if your adrenals are severely exhausted you might need longer.

Adrenal Fatigue Assessment

Symptoms of Adrenal Fatigue and low Cortisol levels	Never	Sometimes	Often	All The Time
Do you feel tired when you wake up, even if you slept 7 hours or more?				
Do you feel exhausted in the afternoon?				
Do you get a burst of energy at night?				
Do you get dizzy, irritable or sleepy if you go without food for 4-5 hours?				
Do you crave salty food?				
Are you having pain and/or inflammation in your muscles or joints?				
How often do you get sick/catch colds or the flu?				
How often is your sex drive lower than you would like it to be?				
Do you have trouble handling even small stresses?				
Are you depressed, feeling no energy to do anything?				
Total:				

Suggestions For Sleep

Complete any strenuous exercise at least four hours before bedtime. The elevated body temperature that comes with this kind of exercise can make it harder to sleep. Regular exercise earlier in the day, however, promotes healthy sleep.

Finish a heavy dinner at least 4 hours —so that it is fully digested before you go to bed. You might be able have a lighter dinner up to 3 hours before bedtime.

Stop drinking any caffeinated drinks by 5 p.m. Some people may find they need to stop these as early as mid-day. Though they may not keep you from falling asleep, they can cause disturbed sleep later in the night.

Avoid alcohol if you have sleep problems. It may seem like alcohol makes it easier to fall asleep, but it can cause frequent awakenings as the night goes on.

Turn off any electronics you are using such as TV, computers, smart phone, iPads, etc. at least one hour before bedtime. The light from their screens and the stimulation of watching them keep your brain in the “on” position.

Start to wind down with a nightly routine that includes soothing activities such as a warm (not hot) bath or shower, soothing music, lighting a scented candle, reading an uplifting book.

Go to bed at the same time every night, even on weekends, to keep the body’s internal clock on time. Also keep a steady wake-up time each morning.

Be sure your bed is comfortable. The life of a standard mattress is about 10 years.

Keep your bedroom cool, dark and quiet.

Reserve the bed for sex and sleep. Television and even reading in bed can increase tension and anxiety and wake the brain.

Meditation, progressive relaxation, breathing awareness and guided imagery can all help prepare the body and mind for sleep. Consider putting a CD (Our Learn to Relax has a great track for sleep) of one of these on your iPod or CD player next to your bed and listening as you go to sleep.

How To Take New Supplements

Add one new supplement at a time. Take it for 2-4 days to be sure you don't have any side effects before adding the next one.

If you have a supplement that calls for multiple tablets or capsules in one dose, start with only 1 tablet or capsule and gradually increase to the full dose over several days.

If you develop any symptoms when adding a new supplement or increasing the dose of a supplement, stop it or go back to the dose where you had no symptoms and wait a few days before trying again. If on the second time you try it, you get the same symptoms, this is an indication that this supplement is probably not going to agree with you right now.

When in doubt, stop and wait it out. Call us if you have any questions.