



Low Adrenals

SIGNS, SYMPTOMS AND ASSOCIATIONS OF LOW ADRENALS (Circle any symptoms you have)

- Infertility
- Allergies or asthma that started as an adult
- Joint pain
- Frequent infections
- Chronic fatigue
- Fibromyalgia
- Hypoglycemia (low blood sugar episodes)
- Cravings for sweets
- Shakiness relieved by eating
- Dizziness
- Moodiness
- Recurrent infections that take a long time to resolve
- A lot of stress in your life before your symptoms began
- Low blood pressure
- Dizziness upon first standing
- Food cravings or sensitivities
- Post partum depression
- Depression
- PMS
- Poor perspiration
- Poor concentration
- Irritability