

# Adrenal Dysfunction Patient Questions

Name \_\_\_\_\_

Date \_\_\_\_\_

*Please check those that apply to you.*

## **Adrenal Hyper Function**

- Blood pressure increased
- Headaches, especially in females
- Hot flashes
- Hair growth on face or body (females)
- Masculine tendencies (females)
- Difficulty falling asleep

## **Adrenal Hypo Function**

- Blood pressure low
- Crave salt
- Chronic fatigue/get drowsy
- Afternoon yawning
- Weakness/dizziness
- Weakness after colds/slow recovery
- Circulator poor
- Muscular and nervous exhaustion
- Subject to colds, asthma, bronchitis (respiratory disorders)
- Allergies and/or hives
- Difficulty maintaining manipulative correction
- Arthritic tendencies
- Nails weak, ridges
- Perspire easily
- Slow starter in the morning
- Afternoon headaches