

Dr. June E. Stevens ND
NOR CAL Natural Medicine
Phone (530) 691-4115 – Fax (530) 691-4116
1135 Pine Street # 112
Redding, CA 96001

Adrenal Health Survey

Print Survey check boxes that apply and total score at bottom

Section A – High Cortisol Assessment Tool

- Do you feel like you are constantly racing from one task to the next?
- Do you feel wired yet tired?
- Do you feel anxious and nervous – worrying about things not in your control?
- Do you have difficulty calming down at bedtime, or maybe get a second wind that keeps you up?
- Do you have difficulty falling and staying asleep?
- Are you quick to anger or rage, difficulty controlling your temper?
- Do you experience memory lapses or become easily distracted especially under stress?
- Do you have sugar craving especially after a meal
- Are you gaining weight around your midsection?
- Are you experiencing more indigestion, GERD, or digestive issues?
- Are you experiencing a rapid heart rate or palpitations?
- Is your blood sugar creeping up...have you been told you have insulin resistance or pre-diabetic?
- Are you experiencing more irregular menstrual cycle? Decreased fertility?

Section B – Low Cortisol Assessment Tool (Adrenal Insufficiency)

- Do you feel fatigued, drained or “Burned Out” nearly all of the time?
- Do you have loss of stamina, particularly in the afternoon between 2-5 pm?
- Do you feel muscle weakness and pain and is it worse with or after exercise?
- Do you wake feeling tired upon waking despite getting sufficient hours of sleep?
- Do you suffer with insomnia (difficulty staying asleep at night)?
- Do you have a low tolerance for stress (things just seem harder than before and you’re not coping as well)?
- Do you find you have a negative outlook and do not understand why?
- Are you experiencing depression or a decline in mood? Maybe experiencing crying spells for no reason?
- Are you frequently forgetful, fuzzy minded, or have difficulty solving problems?
- Do you get dizzy or lightheaded when standing up quickly?
- Do you experience hypoglycemia (low blood sugar) or unstable blood sugar?
- Do you crave salt or salty foods items and/or stimulants (caffeine, sugar, energy drinks, soda) for energy?
- Are you experiencing frequent infections (colds, flu) or slower than usually recovery times?
- Do you have low thyroid function or are you taking medication for low thyroid?

Scoring

1 points for each checked item

Section A TOTAL

Section B TOTAL

Scoring Guide: Less than 5 points in either section, adrenal gland function likely intact. 5-10 points in either section, an evaluation for adrenal gland health and function is indicated. Greater than 10 points, seek evaluation by a Naturopathic medical provider for testing and evaluation of your adrenal gland health and function.