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## Take the Adrenal Fatigue Quiz

Adrenal fatigue occurs when the amount of stress or combined stresses over-extend the capacity of the body to compensate for and recover from that stress. Once this capacity to cope and recover is exceeded, some form of adrenal fatigue is likely to occur. Your adrenals can be comprehensively tested by measuring cortisol and DHEA levels – please ask Emma at your next appointment to order this for you.

- Tired for no reason?
- Having trouble getting up in the morning?
- Need coffee, colas, salty or sweet snacks to keep going?
- Feeling run down and stressed?
- Crave salty or sweet snacks?
- Struggling to keep up with life's daily demands?
- Can't bounce back from stress or illness?
- Not having fun anymore?
- Decreased sex drive?

If you answered yes to one or more of these questions, you may be experiencing adrenal fatigue.

“One person may withstand a stress quite easily and be ready for more, but another person, or that same person at another time, may find the same stress overwhelming and impossible to bear. It is important to understand the onset and continuation of adrenal fatigue has great individual variation.” Dr. James L. Wilson

Examples of lifestyle factors that may contribute to adrenal fatigue (most of these are within your control.)

- Lack of sleep
- Poor food choices (white flour, low fibre, sugar, few vegetables or fruit, lack of raw food, etc.)
- Using sweet or salty food and sweetened or caffeinated drinks as stimulants when tired
- Staying up late even though tired
- Feeling/acting powerless
- Constantly driving yourself
- Trying to be perfect
- Staying in double binds (no win situations)
- Too few of enjoyable and rejuvenating activities

Examples of people with lifestyles that may make them more vulnerable to adrenal fatigue:

- Full time university student
- Student supporting self with job
- Mother with two or more children and little support from family or friends
- Single parent
- Unhappily married person
- Employee in extremely unhappy and stressful work conditions\ Self-employed person with a new or struggling business