

Test Your Stress-Symptoms Linked with Adrenal Imbalance

Hard to get up in the morning

Tired all the time

Craving certain foods

Anger, irritability, aggressiveness

Mood swings

Restlessness

Poor concentration

Poor sleep patterns

Rapid or pounding heartbeat

Prone to catching flu or colds

Muscle and joint aches

Spotty skin

Allergies

Hair loss

Yeast overgrowth

Hard-to-shift fat around waist

Hungry all the time

Difficulty in making decisions

Poor memory

Energy slump during the day

Regular feelings of weakness

Apathy

Depression

Feeling cold all the time

Headaches

Hyperactivity

Frequent sore throats

Poor wound healing

Water retention

PMS

Watery or itchy eyes

Excessive sweating

Bloated feeling

Faintness

If you have three or more of the symptoms printed in bold type, you may have an adrenal hormonal imbalance. If you have five or more of the other symptoms, this warrants investigation by a nutritionist.