

Name:

Date:



**TRIUNE**  
CHIROPRACTIC

## How Stressed Are Your Adrenal Glands?

<b>Dr. Carroll's Adrenal Stress Symptom Quiz</b>	<b>NEVER</b>	<b>1-2x/month</b>	<b>1-2x/week</b>	<b>Most Days</b>
Tired. Fatigued. Hard to get out of bed in morning.	0	1	2	3
Need more than 1 cup of coffee/day (8 oz)	0	1	2	3
Crash around 2-3pm (need an afternoon nap)	0	1	2	3
Don't feel rested even after sleeping	0	1	2	3
Can't fall asleep or trouble winding down at night	0	1	2	3
Wake up in the middle of the night	0	1	2	3
Can't lose weight with diet and exercise	0	1	2	3
You gain/store extra weight around your belly	No = 0			Yes = 3
You crave carbs, snacks, desserts - especially after a meal	0	1	2	3
You get irritable if you haven't eaten in a while; "Hangry"	0	1	2	3
You worry a lot. Or tend to run anxious	0	1	2	3
You have a lot of stress in your life	No = 0			Yes = 3
You have low motivation, feel "heavy"	0	1	2	3
Dizziness or Dizzy when standing too fast	0	1	2	3
Feet are achy at end of the day	0	1	2	3
You have flat feet	No = 0			Yes = 3
Have joint, neck or back pains that have lasted longer than 12 weeks per year.	No = 0			Yes = 3
Brain fog/Hazy vision	0	1	2	3
ADD. ADHD. Trouble focusing/concentrating	0	1	2	3
Ringing in ears (tinnitus)	0	1	2	3
More than 2 colds per year	No = 0			Yes = 3
Exercise-induced asthma	0	1	2	3
Dark circles under your eyes	0	1	2	3
Fat deposit in the upper back/lower neck	No = 0			Yes = 3
Purple stretch marks	No = 0			Yes = 3
Sweaty palms, sweaty feet, or clammy hands	0	1	2	3
Light sensitive. Sensitive to loud noises	0	1	2	3
Urinate frequently (nighttime or daytime)	0	1	2	3
FEMALE: Early menopause or difficult menopause	0	1	2	3
FEMALE: Irregular cycle/PMS	0	1	2	3
	Add up your Adrenal Score: →			
	Ideal Stress	Stage 1 Stress	Stage 2 Stress	Stage 3 Stress
Average Scores For each Level of Adrenal Stress	0	1-13	14-27	28
Recommended Adrenal Recharge Dosage	0	1-3 capsules	4-6 capsules	7+ capsules

Doctor Recommendations: