

Name:

Date:



**TRIUNE**  
CHIROPRACTIC

## How Stressed Is Your Blood Sugar Regulation?

Blood Sugar Dysregulation Symptoms	NEVER	1-2x/month	1-2x/week	Most Days
<b>Hypo-Glycemic Symptoms</b>				
1. Eat when nervous	0	1	2	3
2. Excessive appetite	0	1	2	3
3. Hungry between meals	0	1	2	3
4. Irritable before meals	0	1	2	3
5. Get "shaky" if hungry	0	1	2	3
6. Eating relieves fatigue	0	1	2	3
7. "Lightheaded" if you have not eaten in awhile	0	1	2	3
8. Heart palpitates if meals are missed/delayed	0	1	2	3
9. Afternoon headaches	0	1	2	3
10. Overeating sweets affects mood and/or digestion	0	1	2	3
11. Awaken after a few hours sleep – hard to get back to sleep	0	1	2	3
12. Crave coffee in afternoon	0	1	2	3
13. Crave "something sweet" in afternoon				
14. Moods of depression – have the "blues" or are melancholy	0	1	2	3
15. You have a "sweet tooth"	0	1	2	3
16. Neck pain / traps are Tight	0	1	2	3
<b>Hyper-Glycemic Symptoms</b>				
17. Blurred vision	0	1	2	3
18. Poor memory/trouble concentrating	0	1	2	3
19. Fatigued/falls asleep after meals	0	1	2	3
20. Increased thirst/ Dry Mouth	0	1	2	3
21. Frequent urination	0	1	2	3
22. Must have sweets after meals	0	1	2	3
23. Difficulty losing weight	0	1	2	3
24. Dry/ Itchy Skin	0	1	2	3
<b>Blood Sugar Balance Score: Ideal: 0    Stage 1: 1-11    Stage 2: 12-23    Stage 3: 24+</b>				
<b>Add your score up -&gt;</b>				

Doctor Recommendation: