

# Symptoms of Adrenal Stress

- Adrenal exhaustion and failure
- Alcohol intolerance
- Allergies and sinus problems
- Anxiety
- Blood sugar imbalances
- Depression
- Digestive disorders
- Diminished sex drive
- Dizziness upon standing
- Dry and thin skin
- Excessive hunger or craving for sweets
- Fatigue
- Food and/or inhalant allergies
- Hair loss
- Headaches
- Immune deficiency
- Inability to concentrate
- Indigestion
- Infections (parasitic, bacterial, fungal, or viral)
- Inflammation
- Irritability
- Liver, thyroid or pancreatic disorders
- Low blood pressure
- Low body temperature
- Mood swings
- Pain in the neck, shoulders, and back
- Palpitations [heart fluttering]
- Poor memory
- PMS
- Sleep disorders
- Weakness/difficulty building muscle
- Weight gain/loss

# Causes of Adrenal Stress

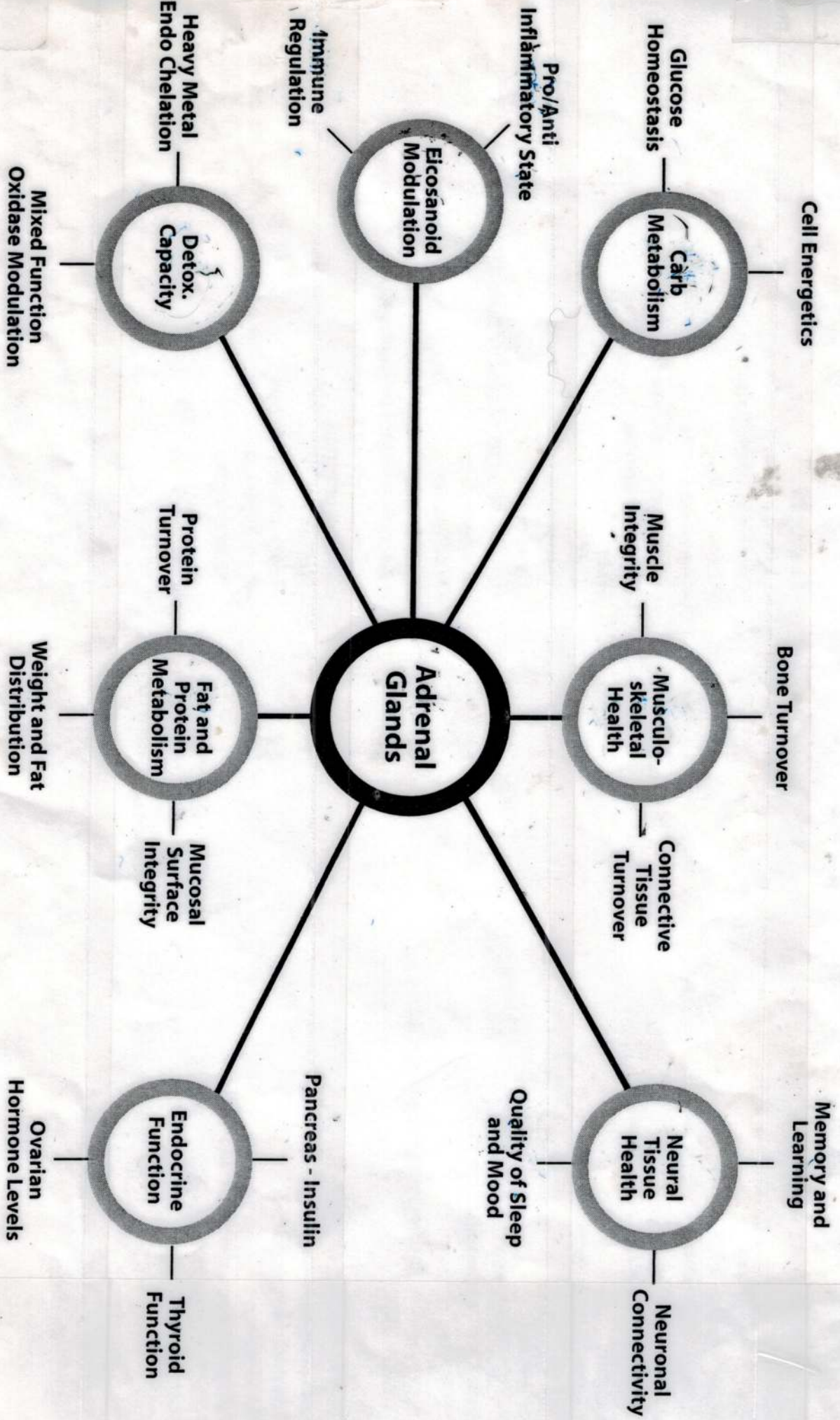
- Allergies
- Anger
- Anxiety/worry
- Chronic fatigue
- Chronic illness
- Chronic infection
- Chronic inflammation
- Chronic pain
- Depression
- Disruption in exposure to light
- Excessive exercise
- Fear
- Guilt
- Lack of exercise
- Late hours
- Low blood sugar caused by poor diet
- Malabsorption
- Maldigestion
- Nutritional deficiencies
- Overwork/physical or mental strain
- Pollution (Air, water, noise)
- Sleep deprivation
- Surgery
- Temperature extremes
- Toxic exposure
- Trauma/Injury

# T H E A D R E N A L H E A L T H P R O G R A M

# Adrenal Stress: Symptoms and Causes

# The Importance of Adrenal Stress Testing

The adrenal glands regulate many important body functions...



## The Adrenal Health Program