

Adrenal Stress Profile Test

Questionnaire

- Are you feeling overwhelmed?
- Do you experience fatigue or sudden tiredness?
- Do you find yourself getting irritable?
- Are you finding it hard to feel really awake and alert in the morning?
- Have you started to get panic attacks or anxiety?
- Are you experiencing memory loss or poor concentration?
- Are you putting on weight for no reason?
- Are you finding it hard to lose weight when it wasn't a problem before?
- Are you experiencing low libido, poor erection or a lack of interest in sex?
- Are you finding it hard to get pregnant?
- Are you finding it hard to switch off, relax or get to sleep?

Symptoms of Adrenal Stress or Adrenal Fatigue

If you answered Yes to more than 3 of the above, you may be experiencing adrenal stress which, if left untreated, can lead to adrenal burnout or adrenal fatigue. This can manifest as familiar symptoms including tiredness, fatigue, feeling blue' or depressed, insomnia, hair loss, bloating, weight gain, low lean muscle, addictions, waking up tired, anxiety, panic, overwhelm, cravings, mood swings, hormonal imbalances including low sex drive, infertility, polycystic ovaries and PMS. It can also contribute to skin disorders such as dry skin, eczema, acne rosacea and acne.

How do the Adrenals work ?

The Adrenals glands are made up of two different functioning parts and produce two different hormones, adrenaline for short term stress and cortisol for long term stress. Acute, immediate stress calls for adrenaline, for instance when you need to get out of the way of a moving car or if someone makes you jump. When stress has been occurring in your life ongoingly, the body clicks out of adrenaline mode and into cortisol mode, just like gears shifting in a car. The body then cruises along producing cortisol to buffer that stress. However, the cortisol levels can drop over time causing any of the symptoms above which can then lead to adrenal exhaustion and then onto adrenal burnout.

If this sounds like you, call or email us today or order your test directly below.

- Adrenal Stress Profile (END01) £82**

To order the Adrenal Stress Profile Test

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