

## Signs & Symptoms of Exhausted Adrenals

(please check the symptoms you experience)

Name:

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|--|--|
| <input type="checkbox"/> Ongoing or Chronic Fatigue                  | <input type="checkbox"/> Hypoglycemia  |
| <input type="checkbox"/> Muscle Weakness or Aching                   | <input type="checkbox"/> Intolerance to Alcohol                              |
| <input type="checkbox"/> Mood Swings                                 | <input type="checkbox"/> Chronic pain in lower neck, shoulders or upper back |
| <input type="checkbox"/> Fatigue Between 3 and 5 pm                  | <input type="checkbox"/> Pain and tightness in upper neck and/or scalp       |
| <input type="checkbox"/> Paranoia                                    | <input type="checkbox"/> Tightness of the armpits                            |
| <input type="checkbox"/> Phobias                                     | <input type="checkbox"/> Indigestion   |
| <input type="checkbox"/> Compulsive Behavior                         | <input type="checkbox"/> Heartburn   |
| <input type="checkbox"/> Difficulty relaxing unless                  | <input type="checkbox"/> Abdominal Pain                                      |
| <input type="checkbox"/> Tendency to have a lot of guilt feelings    | <input type="checkbox"/> Constipation (sometimes alternating with diarrhea)  |
| <input type="checkbox"/> Easily distracted                           | <input type="checkbox"/> Hard pebble like stools                             |
| <input type="checkbox"/> Nervousness                                 | <input type="checkbox"/> Frequent Urination                                  |
| <input type="checkbox"/> Irritability                                | <input type="checkbox"/> Lack of Thirst                                      |
| <input type="checkbox"/> Depression                                  | <input type="checkbox"/> Excessively low cholesterol                         |
| <input type="checkbox"/> Depression that is often relieved by eating | <input type="checkbox"/> Heart palpitations                                  |
| <input type="checkbox"/> Binge eating and related                    | <input type="checkbox"/> Poor resistance to infections                       |
| <input type="checkbox"/> Apprehension or fears                       | <input type="checkbox"/> Tendency to develop yeast or fungal infections      |
| <input type="checkbox"/> Panic Attacks                               | <input type="checkbox"/> Food allergies                                      |
| <input type="checkbox"/> Inability to cope with stress               | <input type="checkbox"/> Skin rashes or hives                                |
| <input type="checkbox"/> Tendency to cry easily                      | <input type="checkbox"/> Extreme sensitivity to odors and/or noise           |
| <input type="checkbox"/> Inability to concentrate                    | <input type="checkbox"/> Intolerance to cigarette smoke and/or exhaust fumes |
| <input type="checkbox"/> Moments of confusion                        | <input type="checkbox"/> Dry or thin skin                                    |
| <input type="checkbox"/> Poor Memory                                 | <input type="checkbox"/> Scanty perspiration                                 |

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|--|---|
| <input type="checkbox"/> Feelings of frustration                         | <input type="checkbox"/> Sweating or wetness of hands and feet  |
| <input type="checkbox"/> Headaches (particularly migranes)               | <input type="checkbox"/> Tenderness in adrenal area             |
| <input type="checkbox"/> Light Headedness                                | <input type="checkbox"/> Low body temperature                   |
| <input type="checkbox"/> Dizziness when standing up quickly from sitting | <input type="checkbox"/> Hair loss                              |
| <input type="checkbox"/> Fainting Spells                                 | <input type="checkbox"/> Hair loss on outer parts of lower legs |
| <input type="checkbox"/> Low blood pressure                              | <input type="checkbox"/> Difficulty building muscle             |
| <input type="checkbox"/> Insomnia  | <input type="checkbox"/> Clumsiness                             |
| <input type="checkbox"/> Clenching or grinding of teeth during sleep     | <input type="checkbox"/> Difficulty gaining weight              |
| <input type="checkbox"/> PMS   | <input type="checkbox"/> Tendency toward inflammation           |
| <input type="checkbox"/> Lack of appetite or excessive hunger            |   |
| <input type="checkbox"/> Cravings for sweets or salt                     |   |

### **Things that Overtax the Adrenals**

- Refined sugars (sugar)
- Refined grains (white flour and processed breads)
- Foods naturally high in sweets: fruits, dried fruit, yams, etc.
- Caffeinated products (coffee, tea, soda)
- Alcohol
- Ongoing intense emotions
- Depression
- Overwork: physical/mental
- Chronic, severe, or prolonged infections
- Surgery
- Trauma/injury
- Excessive exercise
- Temperature extremes
- Toxic exposures (fumes, chemicals, chlorine, bleach, paint, hair dye, etc.)
- Chronic inflammation
- Chronic illness or pain
- Chronic, severe, allergies (food, airborne, chemical)
- Light cycle disruption: awake at night and sleep during the day

### **Products & Treatment to Help Strengthen the Adrenals (available from Dr. Martin and need to be prescribed on an individual basis)**

- Magnesium malate
- Pyridoxine 5 Phos
- Licorice
- Celtic salt
- Phytosone
- Drenamine
- Rejuvamax and HGH

**Siberian Ginseng  
Stevia Sweetener  
Sammee**

**Dr. Martin's Yin Formula and, in some cases, a good Yang formula like Rehmannia 8 or Dynamic Warrior  
Lyte Solution from Health Equations  
Hypo Formula from Vitality Products**

**Acupuncture and Acupressure; especially the following points: St 36, Kid 1, 3, CV 4, UB 23, Kid 6, GV 20,  
CV 1, CV 12, The Four Gates, Ear: Adrenal Points, Yin Tang**

**Bio Plasma  
Reflexology adrenal points  
Alfalco**

**Eating more easily digestible protein at more frequent intervals (for some individuals, as indicated by  
complete blood tests)**

**Getting plenty of minerals into the diet through cooked vegetables & whole grains  
Spiritual Counseling which helps create change to remove the sources of stress  
Setting healthy emotional limits and boundaries**

**Setting aside time for entertainment, play, and healthy recreation**

**Exercising daily to increase heart beat and strengthen the cardiovascular system**

**Meditation, and any form of energetic, grounded exercises designed to increase Chi (such as yoga, tai chi,  
hiking, listening to music, etc.)**