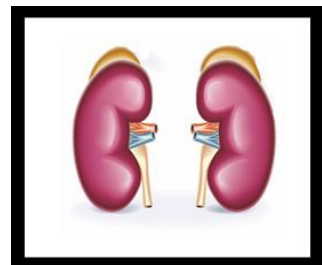


Adrenal Fatigue

How Much **STRESS** Are YOU Under?



Take This Simple Quiz To Find Out:

How much Stress are You Under? Points

1. Death of spouse	100
2. Divorce	73
3. Marital Separation	65
4. Jail / death of close family/friend	63
5. Personal Injury Illness	53
6. Marriage	50
7. Fired from work	47
8. Marital Reconciliation	45
9. Retirement	45
10. Illness of family member	44
11. Pregnancy	40
12. Sexual Difficulties	39
13. Addition of new family member	39
14. Business/financial change	38
15. Change line of work	36
16. Arguing with spouse	35
17. Large mortgage	31
18. Foreclosure of mortgage	30
19. Child leaving home	29
20. Problems with in-laws	29
21. High personal achievement	28
22. Spouse begins or stops work	26
23. Beginning or end of school	26
24. Change in living condition	25
25. Revision of personal habits	24
26. Trouble with boss	23
27. Change in work conditions	20
28. Change in schools	20
29. Change in recreation or church activities	19
30. Change in social activities	18
31. Small mortgage	17
32. Change in sleeping habits	16
33. Change in # of family reunions	15
34. Change in eating habits	15
35. Vacation	13
36. Christmas	12
37. Minor traffic violation	11

Boost Your Adrenal Function and Feel 10 Years Younger!

The adrenals are a pair of pea-sized glands located atop each kidney. The adrenal gland consists of two sections: The Medulla (the inner portion) and the Cortex (the outer portion). The adrenal glands release certain hormones that allow us to be able to deal with immediate and long-term stress. These glands and the hormones they release allow us to be resilient to day-to-day stress.

Stress, Stress, Stress, and More Stress

Persistent, unrelenting stress will ultimately lead to adrenal “burn-out.” Adrenal “burn-out” and exhaustion render the person defenseless against the continuous chemical, emotional, and physical damage that occurs with chronic stress.

Could you have stress-induced adrenal fatigue?

A score of 100 or more is enough to bring on adrenal fatigue, especially if any of the following apply:

- I've been under stress for long periods of time.
- I or my spouse works over 50 hours a week.
- I'm overweight; I have a chronic illness; I have a nervous stomach.
- I have been on a low fat diet this year; I do not exercise.
- I exercise more than 14 hours a week.
- I drink more than 2 cups of coffee a day; I drink soda pop daily; I smoke.
- I cannot sleep at night.
- I get < 7 hours of sleep a night.
- I eat sugary foods on a regular basis.
- I've had surgery in the past year, or > 1 surgery in the past 2 years.
- I'm a professional or family care-giver.
- I take prescription or over-the-counter medications to “lift me up”.

200 points or more in one year's time, highly increase the risk for adrenal fatigue and serious illness.