



Patient Quiz for Hypothalamic–Pituitary–Adrenal Axis Dysregulation

	Points
I have been diagnosed with “adrenal fatigue.”	5
I get dizzy or faint when I stand up.	1
I have difficulty falling asleep.	1
I wake up multiple times during the night.	1
I have difficulty waking up in the morning.	1
I do not feel refreshed, even after sleeping eight hours.	1
I have been diagnosed with hypoglycemia.	2
I get anxious and/or irritable when I miss a meal.	1
I have seasonal allergies.	1
I have allergies that have gotten more severe in the last year.	1
I am forgetful.	1
I crave salty foods.	1
I get sick a lot.	1
I have excess abdominal fat.	1
TOTAL	



Answer Key

	For the Patient	For the Practitioner
Total Points	What Your Points Mean	Treatment Recommendations
0-3	You may be at low to moderate risk of HPA axis dysregulation	You may benefit from the adrenal diet plan which allows high-quality, natural animal meats, bone broths, eggs, starchy and non-starchy vegetables, fermented vegetables, traditional fats, sea salt, and spices. No additional treatment is required.
4-7	You may be at moderate to high risk of HPA axis dysregulation.	You may benefit from the adrenal diet plan, plus adrenal support supplements.
8+	You may be at high risk of HPA axis dysregulation.	You may benefit from the adrenal diet plan, supplements and the adrenal/HPA axis testing kit as well as a customized appointment to get to the root cause of the issue.