

Adrenal Fatigue and HPA-Axis Imbalance Quiz

Are you over or under-reactive in your HPA-axis? Use this quiz to assess your body's state of reactivity and need.

Respond to the following questions with Never, Sometimes, or Often. Give yourself a score of 2 for each Often response, 1 for Sometimes, and 0 for Never. This quiz will be used as a tool to determine if adrenal fatigue and HPA-axis imbalance are your root causes of anxiety, requiring additional support such as advanced testing or nutritional supplementation.

1. Do you feel chronically fatigued, even after a good night's sleep?

Never Sometimes Often

2. Do you experience insomnia or sleep issues?

Never Sometimes Often

3. Are you apathetic or indifferent, even in areas of your passion or interests, and/or do you feel wildly impassioned and uncontrollably motivated with difficulty winding down?

Never Sometimes Often

4. Do you suffer from seasonal allergies or rely on antihistamines (natural or over the counter)?

Never Sometimes Often

5. Do you have poor circulation, cold extremities, or difficulty regulating body temperature?

Never Sometimes Often

6. Do you crave salt or experience constant thirst?

Never Sometimes Often

7. Does your mind feel thin or overworked, and/or do you experience racing thoughts?

Never Sometimes Often

8. Is it difficult to complete tasks and multitask, and/or do you often find yourself distracted?

Never Sometimes Often

9. Do you experience pain throughout your body?

Never Sometimes Often

10. Do you get heart palpitations or tightness in your chest?

Never Sometimes Often

1. Do you feel impulsive, irritable, and reactive or snappy?

Never Sometimes Often

12. Do you rely on exercise as the one time you feel good or energized?

Never Sometimes Often

13. Do you have a low libido/sex drive?

Never Sometimes Often

14. Do you experience dizziness and have issues with low or high blood pressure?

Never Sometimes Often

Total Score: _____



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Add up your score to see where you fall and how you can use food as medicine and supplement strategy to support your body! Naturally Nourished Supplement Recommendations are listed below in pink. You will learn more about their mechanisms of action and how to use them in your program!

Less than 5

It looks like your adrenals are functioning optimally and your stress axis is in check! You may benefit from the use of adaptogenic herbs during times of stress and fatigue to support your body's resilience. Consider using [AdaptogenBoost](#) to optimize your HPA-axis during times of stress demand as well as [Bio-C Plus](#) to support your adrenal glands during times of increased stress!

Less than 10

It looks like your adrenals could use some TLC and your stress axis may be in overdrive. To preserve your adrenal function, use adaptogenic herbs daily in the form of a capsule or warm herbal decoction with tea to support your body's stress response. Consider using [AdaptogenBoost](#) to optimize your HPA-axis and aid in stress-induced fatigue on a daily basis. Increase salt intake if venturing into a ketogenic diet, as your adrenals will need some support in electrolyte stability with reduced carbohydrates during transition. Limit caffeine to one coffee or espresso daily. Matcha is recommended as an alternate or can be consumed additionally to provide L-theanine to modulate caffeine effects. Beyond adaptogens to support adrenal rebound, a quality bioavailable B-complex with active B6, such as [Naturally Nourished B-Complex](#), is recommended to aid in neurotransmitter production. Consider GABA in chewable form, such as [GABA Calm](#), to serve as a tool at times of need, acute anxiety, tightness, or "white-knuckle effect" from stress.

Greater than 10

It looks like you are suffering from adrenal fatigue and your stress axis is imbalanced. Due to the state of adrenal fatigue, it is recommended to wait at least four weeks prior to venturing into ketosis with carbohydrate restriction. If considering ketosis after the first month of this program, be sure to increase salt intake, as your adrenals will need some support in electrolyte stability with reduced carbohydrates during transition. In addition to following the supplement recommendations or those with a score of less than 10 and less than 15, it is recommended to completely eliminate coffee and espresso, with matcha as the only form of caffeine. Due to the elevated scoring and serious potential of adrenal fatigue, consider additional supplemental support, such as [Calm and Clear](#), which can be brought initially while waiting on additional testing for strategic adrenal and neurotransmitter support. [Adaptogen Boost](#), [Calm and Clear](#), and [GABA Calm](#) can be taken preliminarily without advanced testing to modulate anxiety and stress effects; however, some more intensive formulas, such as glandulars in [Adrenal Support](#), should be used only if needed per advanced testing to confirm low levels of both DHEA and cortisol.

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