

**Are YOU Tired Stressed, Depressed, or Do You have Sleep Issues ?
Could adrenal stress and hormonal imbalance be the cause ?**

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Adrenal Type C Self Test - Gauge to YOUR Overall Exposure to Stress –

(Mod. from **The Cortisol Connection** by Shawn Talbott, PhD, FACSM)

This Type C Self Test correlates with cortisol over production (adrenal stress).

Directions (1-2 minutes) :

- For each question, write your score in the corresponding column.
- For each answer of **Never/No**, give yourself **zero (0) points**.
- For each answer of **Occasionally**, give yourself **one (1) point**.
- For each answer of **Frequently/Yes**, give yourself **two (2) points**.
- Add each of your answers together for your total score.

Never or No (0 pts.) / Occasionally (1 pt) / Frequently or Yes (2 pts)

How often do you experience stressful situations? _____

How often do you feel tired or fatigued for no apparent reason? _____

How often do you get **less than** eight hours of sleep? _____

How often do you feel anxious/depressed? _____

How often do you feel overwhelmed or confused? _____

How often is your sex drive lower than you would like it to be? _____

Do you tend to gain weight easily? _____

Are you currently dieting? _____

How often have you attempted to control your body weight? _____

How often do you pay close attention to the foods you eat?
(Not do you read labels but do you avoid foods to avoid gaining weight) _____

How often do you crave carbohydrates (sweets and/or breads)? _____

How often do you experience difficulty with memory/concentration? _____

How often do you experience tension headaches or
muscle tightness in your neck, shoulders, or jaw? _____

How often do you experience digestive problems such as gas,
bloating, ulcers, heartburn, constipation, or diarrhea? _____

How often do you get sick/catch colds or the flu? _____

SCORE (add all numbers together) **Total points** _____

***** See page 2 to score results (Do test first – grin) *****

Scoring Index of Adrenal Type C Test (see page 1)

TOTAL SCORE	TYPE C INDEX	COMMENTS
0-5 points	Relaxed Jack (Low risk, no worries)	You are cool as a cucumber and have either a very low level of stress or a tremendous ability to deal effectively with incoming stressors. Keep doing whatever you're doing!
6-10	Strained Jane (Moderate risk)	You <i>may be</i> suffering from an overactive stress response and chronically elevated levels of cortisol and should incorporate antistress strategies into your lifestyle whenever possible—but don't stress out about it!
Greater than 10 points	Stressed Jess (High risk)	You are <i>almost definitely</i> suffering from an overactive <i>stress response</i> , chronically elevated levels of cortisol and its detrimental metabolic effects—and you need to take immediate steps to regain control.

Here are some of the CAUSES of Adrenal Stress:

- Anger, fear, worry, anxiety and depression or guilt
- Overwork and mental strain
- Excessive exercise or over training
- Sleep deprivation or going to sleep late
- Surgery, trauma and injury
- Chronic Inflammation or chronic infection
- Toxic exposure (one may not be aware of it)
- Chronic pain , Chronic illness, nutritional deficiencies

Elevated cortisol levels and lower testosterone resulting from chronic stress have been associated with the following CONDITIONS and SYMPTOMS:

- Weakness, decreased energy, lack of pep at end of day
- Feeling overworked and physical and mental strain
- Insomnia or trouble sleeping
- Increased anxiety, nervousness, depression, guilt, or feelings of frustration
- Mood swings (anger and irritability), headaches
- Memory, difficulty concentrating, foggy thinking, learning impairment
- Increased appetite and food cravings
- Increased central body fat
- Decreased muscle mass
- Reduced libido (sex drive)
- Decreased bone density (osteoporosis)
- Dry and thin skin
- Food and Inhalant allergies
- Increased symptoms of PMS
- Increased menopausal side effects
- Glucose intolerance
- An impaired immune response leading to poor resistance and recurrent infections
- Auto-immune diseases
- Alcohol intolerance

Are your hormones being stolen – robbing you from your potential health?

Vigor - PHYSICAL, MENTAL, and EMOTIONAL Well Being

VIGOR – the scientific term describing a balanced state of PHYSICAL, MENTAL, and EMOTIONAL well being. How's your vigor (your friends / family) & what happened to it?

The adrenal gland produces a variety of hormones regulating several life saving vital functions. One of the most important functions is producing Cortisol, the flight or fright hormone, meant for survival. In the olden days when one was ready to face the saber tooth tiger, the adrenal gland would gear up and produce more cortisol, help store up calories in the belly for survival & after the fight the cortisol would go back a lower level to help maintain a slower paced lifestyle.

Fast forward to today - we wake up early, stay up to late, burn the oil at both ends, & cram as much into our day as we can. We rush to stressful work, take care of kids & their issues, keep up relationships with significant others, families & even try to go to bed occasionally. WHEW!

Everyone we know is Tired, Stressed, Depressed or has Sleep issues.

It's an \$80 BILLION industry– coffee & energy drinks, sugar energy snacks, drugs for anxiety, depression, & sleep issues – that's a lot of money - **but is it taking care of the real problem?**

The adrenal gland functions to produce enough cortisol to keep up any increased demands. The problem is you're potentially left with symptoms of being hormonally **IMBALANCED**. Here's why. Cortisol (survival) is more important to the body than sex hormones (reproduction). The sex hormones **testosterone and progesterone can be converted to cortisol** if the need is there. The cortisol "on – off" switch never seems to turn off with our current busy lifestyles.

Women make Testosterone like men (10% as much as men) so any deficit of testosterone in women creates similar symptoms to cortisol over-production. **(see above chart on symptoms)** **What may be happening is women and men are hormonally imbalanced because cortisol is converting "stealing" the testosterone and or progesterone, leaving the estrogen (unopposed) and this process may be going on since our teens if there is enough stress.** (Do you know any teens who aren't stressed – were you)?

We have an epidemic of hormonally imbalanced estrogen dominant women. This means too much estrogen and not enough progesterone and testosterone.

Estrogen dominant symptoms can include - breast and uterine cancer, heart disease and stroke, Fibrocystic breast disease, PMS, anxiety, breast tenderness, headaches, infertility, weight gain, irregular skipped or heavy periods, water retention, endometriosis, fibroids, decreased cognitive ability, among other conditions.

With progesterone and testosterone being continually converted to Cortisol you can now see why we so many people are **tired, stressed, depressed or have sleep issues**, have **high cortisol** and **lower testosterone** levels (men and women) **i.e. have lower VIGOR !**

Remember VIGOR is a balanced state of PHYSICAL, MENTAL, & EMOTIONAL well being.