

WHOLESOME WELLNESS

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ADRENAL PROFILE

Name: _____

Date: _____

Please circle: (1) for symptoms you have had in the past; (2) for symptoms which occur sometimes; (3) for symptoms which occur often; and (4) for those which are a major concern.

- | | | | |
|---------|--|---------|---|
| 1 2 3 4 | 1. Symptoms present since stressful event (i.e. accident, pregnancy, break-up, etc.) | 1 2 3 4 | 17. Excessive urination |
| 1 2 3 4 | 2. Nervousness | 1 2 3 4 | 18. Consumption of refined foods, sugar |
| 1 2 3 4 | 3. Dizziness on rising from a lying position | 1 2 3 4 | 19. Muscle twitching – Na/K imbalance |
| 1 2 3 4 | 4. Prolonged exposure to stress | 1 2 3 4 | 20. Use of coffee |
| 1 2 3 4 | 5. History of asthma or bronchitis | 1 2 3 4 | 21. Heart palpitation – Na/K imbalance |
| 1 2 3 4 | 6. Environmental sensitivities | 1 2 3 4 | 22. Use of cigarettes |
| 1 2 3 4 | 7. Hemorrhoids | 1 2 3 4 | 23. Eyes sensitive to light |
| 1 2 3 4 | 8. Food allergies | 1 2 3 4 | 24. Flat feet |
| 1 2 3 4 | 9. Low energy, fatigue | 1 2 3 4 | 25. Edema of extremities |
| 1 2 3 4 | 10. Varicose veins | 1 2 3 4 | 26. Aching calves |
| 1 2 3 4 | 11. Other endocrine gland imbalances | 1 2 3 4 | 27. Salt cravings |
| 1 2 3 4 | 12. Arthritis, bursitis, joint problems | 1 2 3 4 | 28. Weak ankles |
| 1 2 3 4 | 13. Dry, rough tongue | 1 2 3 4 | 29. Recurrent Infections |
| 1 2 3 4 | 14. Increased skin pigmentation | 1 2 3 4 | 30. Tired feet |
| 1 2 3 4 | 15. Excessive perspiration | 1 2 3 4 | 31. Blurred vision |
| 1 2 3 4 | 16. History of marijuana use | 1 2 3 4 | 32. Low back pain |
| | | 1 2 3 4 | 33. Headaches |
| | | 1 2 3 4 | 34. Knee problems |
| | | 1 2 3 4 | 35. Stomach or duodenal ulcer |

For Practitioner Use Only:

1. Paradoxical pupillary reflex
2. Abnormal koenigsbury test: N is 17 - 25 drops (if > 25, then early hypoadrenia; if < 17, then late stage)
3. Heart sound: if louder at pulmonary valve, hypoadrenia; if louder at tricuspid valve, Jive congestion
(i.e. 2nd heart sound > 1st heart sound)
4. Positive Raglands test: BP lying = BP standing
5. Rogoff sign: pain on palpation at junction of 12th rib with 12th vertebrae
6. SI subluxated posteriorly
7. Muscle weakness of:
 - a) sartorius
 - b) gracilis
 - c) posterior tibial
 - d) gastrocnemius
 - e) soleus