



Name: _____ Date: _____

Three of the most common underlying causes of fatigue are low adrenals, low thyroid and anemia. Please check off any of the symptoms below that you are experiencing or have experienced in the past.

ADRENAL

- High stress (current or history)
- Wake up tired
- Low blood pressure, easily dizzy
- Low blood sugar if too long between meals
- Catch colds and flu easily
- Difficult to lose weight, esp. belly fat
- Rely on caffeine or sugar for energy boosts
- Wired and tired- hard to fall asleep even though tired all day
- Craves salt or fatty foods

THYROID

- Low energy
- Low mood
- Difficult to lose weight
- Water retention
- Irregular menses
- Difficulty conceiving
- Feel colder than others
- Dry skin
- Thinning hair
- Lateral 1/3 of eyebrow thin or missing
- Constipation
- Swollen thyroid in front of lower neck
- Slow reflexes
- Low body temperature
- High cholesterol

ANEMIA

- Anemia or borderline anemia on past blood test
- Out of breath easily when exercising
- Hair loss
- Vegan diet
- Pale skin in the lower eyelids
- Pale finger nail beds