



## THE MYERS WAY® ADRENAL FATIGUE TEST

Check all the boxes that apply to you.

- I am frequently tired.
- I feel tired even after eight to ten hours of sleep.
- I am chronically stressed.
- It is difficult for me to handle stress.
- I am a night-shift worker.
- I work long hours.
- I have little relaxation time during my days.
- I get headaches frequently.
- I don't exercise consistently.
- I am or have been an endurance athlete (or participate in CrossFit).
- I have erratic sleep patterns.
- I wake up in the middle of the night.
- I crave salt.
- I crave sugar.
- I have high sugar intake.
- I have difficulty concentrating.
- I carry weight in my midsection (an apple-shape body).
- I have low blood sugar issues (hypoglycemia).
- I have irregular periods.
- I have a low libido.
- I have PMS or perimenopausal/menopausal symptoms.
- I get sick frequently.
- I have low blood pressure.
- I have muscle fatigue or weakness.
- I rely on caffeine for energy (coffee, energy shots, etc.).

# The Myers Way® Adrenal Fatigue Test



Amy Myers MD

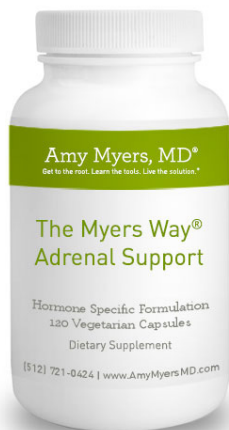
## Scoring

**Fewer than 2 boxes checked:** Great! Continue to manage your stress to support your adrenals and minimize the strain on your immune system.

**From 2 to 5 boxes checked:** Good. Follow The Myers Way® to support your adrenals. You don't need any additional supplementation, but do follow the stress relief techniques found on my blog and in my book.

**From 6 to 10 boxes checked:** Follow The Myers Way® to support your adrenals and take my adaptogenic herb supplement, The Myers Way® Adrenal Support, below. Also, follow the stress relief techniques found on my blog and in my book.

**More than 10 boxes checked:** Follow The Myers Way® to support your adrenals, and take The Myers Way® Adrenal Support. Also, follow the stress relief techniques found on my blog and in my book, and consult a functional medicine practitioner if your symptoms don't resolve within two or three months. Adrenal fatigue can be a complex and challenging problem to treat, so make sure to get the support you need.



### The Myers Way® Adrenal Support

These adaptogenic herbs are incredibly helpful in treating adrenal fatigue because they help boost stress hormones when they are low and lower them when they are high. They support the body's ability to adapt to stressors and help avoid the damaging consequences from those stressors.