

Test yourself for Aldosterone Deficiency

Signs and symptoms of Aldosterone Deficiency		No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I have sunken eyes (deep in the orbits)	0	1	2	3	4
2.	My wrinkles are sharp and deep	0	1	2	3	4
3.	I urinate too many times a day	0	1	2	3	4
4.	I crave salty foods	0	1	2	3	4
5.	My blood pressure is low	0	1	2	3	4
6.	I feel dizzy when I stand up	0	1	2	3	4
7.	I have difficulties in focusing with my eyes objects when I stand up	0	1	2	3	4
8.	I feel much better lying down than standing up	0	1	2	3	4
9.	I hear not well	0	1	2	3	4
10.	I am often absent-minded, as if I am here and in another world	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible Aldosterone deficiency				
	21 or more	Probable Aldosterone deficiency				