

Test yourself for Cortisol Deficiency

	Signs and symptoms of Cortisol Deficiency	No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	My face looks thinner	0	1	2	3	4
2.	My friends call me skinny	0	1	2	3	4
3.	I have eczema, psoriasis, urticaria ("nettle rash"), skin allergies or other rashes.	0	1	2	3	4
4.	My heart beats quickly	0	1	2	3	4
5.	My blood pressure is low	0	1	2	3	4
6.	I crave salt or sugar (to the extent of bingeing)	0	1	2	3	4
7.	I have digestive problems	0	1	2	3	4
8.	I have allergies (hay fever, asthma, etc.)	0	1	2	3	4
9.	I'm stressed out	0	1	2	3	4
10.	I'm easily confused	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible cortisol deficiency				
	21 or more	Probable cortisol deficiency				