


Adrenal Assessment: Physical Symptoms

Name:		Date:	
<p>With the help of a friend or family member, perform the blood pressure and adrenal stress eye examination procedures.</p>			
Blood Pressure			
Seated, legs uncrossed		<p>If difference between left and right is > 10, top or bottom, there may be a blockage.</p>	
Left arm:			
Right arm:			
Lying, face up			
Standing		<p>Systolic blood pressure (top number) should increase by 10 when you stand up. If it does not or if it decreases, it's suggestive of adrenal stress. The more time it takes to restore the blood pressure to what it should be is suggestive of the degree of adrenal distress. Measure once a minute for up to 5 minutes. Stop when pressure increases by 10 points.</p>	
Immediately upon arising:			
1m:			
2m:			
3m:			
4m:			
5m:			
Adrenal Stress Eye Examination			
		<p>Pupil Constriction: In a darkened room, shine a small penlight in one eye. Pupil should constrict. Continue to shine light and count how many seconds pupil stays constricted. Stop at 20 seconds or upon dilation of pupil.</p>	
<p>If a pupil does not contract when a bright light shines on to it, this indicates dulled nerve reflexes, weak adrenal glands, or an overstimulated sympathetic nervous system, often from fear as a hidden, chronic condition. Adrenal weakness is indicated if pupil does not remain constricted for 10 seconds or longer. Adrenal stress is indicated if the pupils begin to expand and contract repeatedly when exposed to bright light for 30 seconds.</p>			
Pupil Constriction - seconds held:			



Adrenal Assessment				
Circle the choice under each score (0, 1, 2, 3) that best describes your test results and physical symptoms. Then add your column scores to calculate your overall adrenal health score.				
Adrenal Tests and Symptoms	0	1	2	3
1. Blood pressure upon standing	Incr: 10	Same	Decr ≤ 10	Decr >10
2. Pupil constriction with bright light	20 sec	10-20 sec	<10 Sec	<5 sec
3. Rib margin tenderness	Absent	Mild	Moderate	Severe
4. Brown discoloration below eyelids	Absent	Mild	Moderate	Severe
5. Black discoloration below eyelids	Absent	Mild	Moderate	Severe
6. Dark gray or reddish back of tongue	Absent	Mild	Moderate	Severe
7. Ulcerations or canker sores	Absent	Mild	Moderate	Severe
8. Bad breath	Absent	Mild	Moderate	Severe
9. Rough, red, flaky cuticles	Absent	Mild	Moderate	Severe
10. Tongue – inflammation around perimeter	Absent			Present
11. Tongue – crack down the middle	Absent			Present
Total Adrenal (total possible is 33)				
% Adrenal Score (“<u>your score</u>”/33*100)				