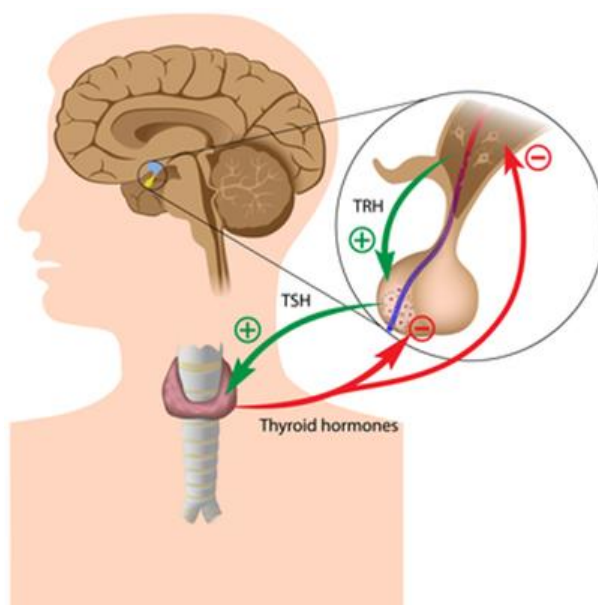




Adrenal Fatigue vs. Low Thyroid Function Differentiation via Major Symptoms and Details Chart

Sign or Symptom	Hypothyroid Tendency	Hypoadrenal Tendency
Body temperature	Low and consistent	Low and fluctuates
Energy pattern	Generally sluggish	“Wired and tired”
Body type	Difficulty losing fat	Difficulty gaining muscle
Blood pressure	Normal to high	Low to normal
Total cholesterol	High	Low
Facial color	Reddish	Pale
Sweating	Scanty or none	Profuse
Bowels	Sluggish / constipated	Irritable or hyper functioning





Adrenal Fatigue vs. Low Thyroid Function Details

from Metabolic Scorecard: <http://www.drritamarie.com/go/DrRindMetabolicSymptoms>

Key:

-generally absent; +possibly present; ++often present; +++always or almost always present

Signs and Symptoms	Adrenal	Mixed	Thyroid
Body Type	Mild: Gains weight easily;	Gains easily, goes to tummy/hips first, very hard to lose	Weight gain, generalized or global, extremely hard to lose
	Moderate: Can't lose weight;		
	Severe: Thin, can't gain weight		
Face Shape	Eyes, cheeks sunken when severe	Normal	Full, puffy around eyes
Eyebrows	Tend to be full	Normal to sparse	Very sparse outer 1/3 to 1/2
Tissue Around Eyes	Sunken appearance, may have dark circles	Normal or some "bags" under the eyes	Puffy around the eyes, often bags under the eyes
Facial Coloring	Tendency to pallor, especially around mouth. In dark skin, it darkens around mouth, forehead, sides of face	Pallor around mouth (more visible with light skin)	Ruddy or rosy complexion, including around the mouth
Hair Quality	Thin and wispy. May become straw-like or straighter. Dry. Falls out easily. Sparse on forearms or lower legs.	Tendency to become sparse	Tends to be coarse, sparse, may become wavy or curly (rare) or change color. If severe enough, hair loss is common.
Nails	Thin, brittle	Break easily	May be thick



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Signs and Symptoms	Adrenal	Mixed	Thyroid
Skin Quality	Dry, thin, finger-prints often "smoothed out" or flat/shiny and may have longitudinal wrinkles over finger pads (probable cause is low collagen level)	May be thin, dry, bruise easily, poor healing.	May be oily or moist. Poor healing, May bruise easily. Skin thickness is normal (not thin). Typically good quality finger prints.
Fluids/Secretions	Dry skin, little secretions. Can't hold onto water.	Mixed, e.g. dry body and oily face	Good secretions. Skin may be oily. Tendency to fluid retention.
Connective Tissue Quality (ligaments, tendons, skin, hair, and nails)	Lax ligaments or flexible (e.g. flat feet, double jointed). Joint strains/sprains are common.	Mixed	Poor flexibility.
Pigment Distribution	Vitiligo (white spots or patches) in late stage. May tan too easily. In dark skin, darker on forehead, sides of face, around mouth and chin/jaw.	Milder version of vitiligo (small patches or tiny white spots on arms and/or legs) and dark patches if dark skin.	In pure hypothyroidism, vitiligo and hyperpigmentation are very rare.
Fluids/Secretions	Dry skin, little secretions. Can't hold on to water.	Mixed, e.g. and dry body and oily face	Good secretions. Skin may be oily. Tendency to fluid retention.



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Signs and Symptoms	Adrenal	Mixed	Thyroid
Light Sensitivity or Night Blindness	++	+	-
After Image (e.g. seeing the image of a flash bulb or bright light moving by longer than others)	++	+	+/-
Typical Pains	Headaches, migraines, muscles, carpal tunnel	Muscles, carpal tunnel	Occasionally joints, muscles, feet/lower legs
Temperature Pattern	Thermal chameleon (hot when it's warm and cold when it's cool). Poor thermoregulation. Tends to low body temperature around 97.8 or lower. Fluctuating pattern.	Fluctuating pattern, usually averaging 97.8 but can be lower	Stable, non-fluctuating pattern, average can be from low 90's to a little below 98.6
Cold Intolerance	+++	++	+/-
Heat Intolerance	+	++	+++
Cold Hands / Feet	+++	Happens often	-
Warm Hands / Feet (in spite of low body temperature)	-	Happens occasionally	++
Sweating	May be excessive in early phase. Poor sweating in late phase.	May appear normal	Normal to increased, more oily than 'wet'



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Signs and Symptoms	Adrenal	Mixed	Thyroid
General Reactivity: emotional, physiological, immune, etc.	Hyper-reactive (over)	Moderate	Hypo-reactive (under)
Immune Function	Tendency to over-react results in allergies, sensitivities, autoimmune problems	Mixed	Tendency to under-respond results in infections (sinus, bladder, bowel, skin, etc.)
History of EBV or Mononucleosis	+++	++	+/-
Sensitivity to Medications, Supplements etc. (needs small doses)	++	+	-
Intuitive. Picks up other people's feelings (e.g. at malls, parties).	++	+	+/-
Personality Tendency: Humor	+/-	+	++
Personality Tendency: Serious	++/+++	++	+/-
Depression	+	++	+++



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Signs and Symptoms	Adrenal	Mixed	Thyroid
Anxiety (panic attacks, worry, Fear, insecurity, feelings of impending doom --any combination. "I thought I was dying...")	+++	++	+
Obsessive Compulsive Tendency	++	+	+/-
Startle Easily	++	+	-
Tolerance to Change/Stress	Poor	Poor/Moderate to good	Moderate
Sleep Patterns	Tendency to one or more: Insomnia, light sleeper, waking up at 2-4 AM, unrefreshing sleep	May or may not have sleep disturbance	Tendency to one or more: Sleepiness, narcolepsy, sleep apnea, unrefreshing sleep
Mental Abilities	Poor focus, clarity, concentration, short-term memory. 'Brain fog'	Poor focus, clarity, concentration, short-term memory.	Poor focus, clarity, concentration, short-term memory. 'Slow thinking'
Energy Pattern	Complains of fatigue or exhaustion, "wired and tired", can't persevere, low motivation	Variable energy that can be good or poor.	Complains of being tired, sluggish, low motivation
Exercise Tolerance	Causes fatigue. Can't persevere. If severe, body temperature drops after exercise.	Mixed	Can't exercise much. Tires easily.



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Key:

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Signs and Symptoms	Adrenal	Mixed	Thyroid
Edema (swelling), Non-pitting in Lower Legs	-	+/-	+
Standing Still is Difficult or Causes Discomfort. Walking is Easier	+	+/-	-
Fibromyalgia / Chronic Fatigue	++	++	++
Orthostatic Hypotension (light- headed when getting up to stand from laying or sometimes, even sitting)	++	+/-	-
Blood Pressure	Tends to run low, e.g., from 80/50 at the low end to 110/70 at the high end	Can be low, normal or high	Ranges from normal to very high and poorly controlled by medications
Heart Palpitations ("feels like my heart was about to jump out of my chest").	++	+/-	-
Mitral Valve Murmur. Prolapse	++	+	+/-
Dietary Habits	Often lean toward being vegetarian or avoids certain foods	Tends to have fewer dietary restrictions than the pure adrenal type	Tends to eat everything



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Signs and Symptoms	Adrenal	Mixed	Thyroid
Digestion	Often has difficulty digesting meat, or other proteins. Some foods troublesome	May be normal or difficulty with some foods.	Poor but they often think it's good.
Bowel Function	Tendency to be irritable, or hyperactive, transit time may be too fast (food exits stomach too fast causing poor [enzymatic] digestion)	Poor/mixed	Tendency to constipation, hypoactive, slow transit time (food leaves stomach too slowly) and poor mechanical digestion.
Malabsorption	+++	++	+
Cravings	Sweets, carbohydrates, salt (any combination), black licorice	Mixed	Fats
Blood Sugar (Hypoglycemia = low blood sugar Hyperglycemia = elevated blood sugar)	Tendency to hypoglycemia. May need many small meals or "crash"	Can range from mild hypoglycemia to hyperglycemia	Normal to hyperglycemia
Problems With Menses and /or Fertility (females)	++	+	+/-



Typical Findings on Blood Tests

from Metabolic Scorecard: <http://www.drritamarie.com/go/DrRindMetabolicSymptoms>

Key:

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Signs and Symptoms	Adrenal	Mixed	Thyroid
Chem: Total cholesterol	Usually low to low normal (e.g., under 160)	Mixed: Can be low, mid-range, or high	Usually over 200. Very hard to reduce.
Chem: HDL (the good cholesterol)	Tends to be relatively high	Mixed: can be high, low, or midrange	Tends to be relatively low
Chem: Cholesterol/HDL ratio	Usually 3.0 or less	Can be high, low or mid-range	Usually 3.5 or more
Chem: Serum Potassium	Tends toward high normal (typically 4.0 or higher)		Tends to be under 4.0
Chem: Serum Sodium	Tends toward low normal (typically 140 or lower)		Tends to be over 140
Chem: DHEAS	Low to low normal		
Sugar levels	Tend to be low, e.g. 60's to 80's	Tend to be normal or elevated	
CO2	Tends to be at the low end (23 or less)		
Chem: Testosterone	Tends to be low-normal to low		



Typical Findings on Blood Tests

from Metabolic Scorecard: <http://www.drritamarie.com/go/DrRindMetabolicSymptoms>

Key:

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Signs and Symptoms	Adrenal	Mixed	Thyroid
CBC: WBC	Tends to be low normal (e.g. 3.5 to 5)	Normal to low normal	Often in the mid-normal range or high end (e.g. above 7)
CBC: Platelets	Tend to low normal	Normal to low normal	Normal to high normal
CBC: MCV (mean corpuscular volume)	Often 93 or higher. Taking vitamin B12 regularly may normalize it.	Tends to be high or high normal. Taking B12 regularly may normalize it.	Tends to be 90 or less
CBC: RDW (reticulocyte distribution of width)	Normal to high normal	Normal to high normal	Normal to high normal
Blood type	Most are type A		Often type O
Platelets	Typically under 200	Typically under 300	Typically over 300