

Adrenal Stressors

Common Adrenal Stressors

Check the following when repeat ASI's do not return to the normal reference range. The first five are the most common.

Anemia

Dysglycemia – unmanaged

Low Cholesterol

Infections

Gums

UTI – commonly asymptomatic

GI

Mold, yeast or fungus

Ticks/Lyme

Chronic Virus

Dehydration – especially in athletes or those who fly frequently

Poor dietary habits (skipping meals, high simple carb etc.)

Eating foods they are sensitive to (consider elimination provocation diet)

Leaky Gut

Liver clearance issues

Essential fatty acid deficiencies

Not enough sleep

Over exercise

Emotional stressors (usually severe)

Heavy metals

Autoimmune Adrenals

Chronic use of SSRIs

Chronic Pain

Environmental toxin exposures – damages mitochondria

Surgical menopause

Chronic tissue injury or inflammation (autoimmune condition)

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.