

## **Signs and Symptoms of Chronic Adrenal Insufficiency (Checklist)**

- Weight loss
- Hyperpigmentation
- Hypotension (low blood pressure)
- Dizzy when standing up
- Low body temperature
- Depression or decreased sense of well-being
- Compromised immune system
- Loss of scalp hair
- Excess facial or body hair
- Vitiligo (white patches on skin)
- Auricular calcification (calcium deposits in the ear lobe)
- Fatigue
- Gastro-intestinal problems
- Nausea and vomiting
- Constipation
- Abdominal pain
- Diarrhea
- Anorexia
- Salt craving
- Postural disturbances
- Muscle or joint pain

## **Adrenal Dysfunction Support**

1. Take a good multivitamin/multimineral.
2. Increase salt consumption (Celtic Sea Salt or Himalayan Salts)
3. Drink plenty of water
4. Use adrenal supplements as directed.
5. Always eat breakfast, even if you don't feel like it. A handful of nuts and an apple or a green drink are great!
6. Eliminate or at least limit caffeine, nicotine, sugar and alcohol

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.