



Holistic Family Care

462 E. King Rd., Ste 1, Malvern, PA 19355

Phone: 951-230-8315

Fax: 610-702-9635

Contact@HolisticFamilyCarePA.com

## **Adrenal Fatigue**

### **Adrenal Health Self-Check: Are Your Adrenals Asking for Help?**

Check off any symptoms or experiences you've had in the past few weeks:

#### **Energy + Fatigue**

- I wake up tired, even after a full night's sleep
- I rely on coffee or stimulants to get through the day
- I feel a noticeable energy crash in the afternoon
- I get a second wind late at night and struggle to fall asleep
- I feel exhausted but can't relax or nap easily

#### **Stress + Mood**

- I feel easily overwhelmed or anxious
- I have a shorter fuse or feel more irritable than usual
- I feel emotionally flat or unmotivated
- I don't handle stress or pressure as well as I used to

#### **Sleep Patterns**

- I have trouble falling asleep or staying asleep
- I wake up between 2–4 a.m. regularly
- I feel groggy in the morning, even with 7–8 hours of sleep

#### **Hormonal & Physical Imbalance**

- I've noticed increased sugar or salt cravings
- I'm gaining weight, especially around the belly, despite no major diet changes
- My immune system feels weaker—more frequent colds or slower healing
- I feel lightheaded when standing up quickly
- My libido is lower than usual



462 E. King Rd., Ste 1, Malvern, PA 19355

Phone: 951-230-8315

Fax: 610-702-9635

Contact@HolisticFamilyCarePA.com

## **Your Score**

- **0-4:** Your adrenals may be doing just fine, but keep supporting your stress and sleep habits.
- **5-9:** Your body may be signaling early signs of adrenal strain. Now is a good time to support balance.
- **10+:** You may be in a state of adrenal depletion. Consider deeper support, lab testing, and lifestyle changes.

Want help interpreting your results or get a plan to support your health?

[Book a consultation to get personalized guidance and support](#)

[See my recommendations for adrenal supplement support](#)

Michael J. Blahut III, D.O.

A handwritten signature in black ink that reads "Michael Blahut". The signature is written in a cursive, flowing style.