

# Stress as an underlying cause

- Anger-fear
- Worry/Anxiety
- Depression
- Guilt
- Overwork
- Physical and mental strain
- Excessive exercise
- Sleep deprivation
- Light-cycle disruption
- Late hours
- Surgery
- Trauma/Injury
- Noise pollution
- Inflammation
- Pain
- Toxic exposure
- Infections
- Chemicals-Heavy metals
- Electromagnetic fields
- Radiation
- Geophysical
- Malabsorption
- Maldigestion
- Illness
- Low blood sugar-Poor diet
- Nutritional deficiencies
- Inhalant Allergies
- Food Reactions
- Mold
- Temperature extremes

# Symptoms of Adrenal Dysfunction

- Pain/Spasm in upper back & neck muscles
- Loss of libido
- Poor memory
- Light headed when standing
- Headaches
- Irritability/Moodiness
- Alcohol intolerance
- Tenderness in lower back
- Dry/Thin skin
- Scanty perspiration
- Slow wound healing
- Cold tolerance
- Weakness
- Nervous/Anxious
- Chronic inflammation
- Palpitations
- Weight gain
- Low blood pressure
- Sweet/salt craving
- Unexplained hair loss
- Muscle wasting
- Poor concentration
- Frustration/Confusion
- Low body temps
- Slow recovery from work outs