

Questionnaire for Cortisol



Part A - Do you have or have you experienced in the past six months...

- ☐ A feeling you're constantly racing from one task to the next?
- ☐ Feeling wired yet tired?
- ☐ A struggle calming down before bedtime, or a second wind that keeps you up late?
- ☐ Difficulty falling asleep or disrupted sleep?
- ☐ A feeling of anxiety or nervousness—can't stop worrying about things beyond your control?
- ☐ A quickness to feel anger or rage—frequent screaming or yelling?
- ☐ Memory lapses or feeling distracted, especially under duress?
- ☐ Sugar cravings (you need "a little something" after each meal, usually of the chocolate variety)?
- ☐ Increased abdominal circumference, greater than 35 inches (the dreaded abdominal fat, or muffin top—not bloating)?
- ☐ Skin conditions such as eczema or thin skin (sometimes physiologically *and* psychologically)?
- ☐ Bone loss (perhaps your doctor uses scarier terms, such as *osteopenia* or *osteoporosis*)?
- ☐ High blood pressure or rapid heartbeat (unrelated to those cute red shoes in the store window)?
- ☐ High blood sugar (maybe your clinician has mentioned the words *prediabetes* or even *diabetes* or *insulin resistance*)? or Shakiness between meals, also known as *blood sugar instability*?
- ☐ Indigestion, ulcers, or GERD (gastroesophageal reflux disease)?
- ☐ More difficulty recovering from physical injury than in the past?
- ☐ Unexplained pink to purple stretch marks on your belly or back?
- ☐ Irregular menstrual cycles?
- ☐ Decreased fertility?

Total Part A _____

Results

Part A: High Cortisol

This is by far the most common hormone imbalance affecting modern women.

Five or more of these symptoms: Red alert! *Chances are* that you are high in cortisol.

Three or four: You *may need* to address this hormone imbalance.

Fewer than three or unsure: recommends testing

Part B

Do you have or have you experienced in the past six months...

- ☐ Fatigue or burnout (you use caffeine to bolster your energy, or fall asleep while reading or watching a movie)?
- ☐ Loss of stamina, particularly in the afternoon, from two to five?
- ☐ An atypical addiction to a negative point of view?
- ☐ Crying jags for no particular reason?
- ☐ Decreased problem-solving ability?
- ☐ Feeling stressed most of the time (everything seems harder than before, and you have trouble coping)? or Decreased stress tolerance?
- ☐ Insomnia or difficulty staying asleep, especially between one and four in the morning?
- ☐ Low blood pressure (not always a good thing, since your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)?
- ☐ Postural hypotension (you stand up from lying down and feel dizzy)?
- ☐ Difficulty fighting infection (you catch every virus you meet, particularly respiratory)? Difficulty recovering from illness or surgery or healing wounds?
- ☐ Asthma? Bronchitis? Chronic cough? Allergies?
- ☐ Low or unstable blood sugar?
- ☐ Salt cravings?
- ☐ Excess sweating?
- ☐ Nausea, vomiting, or diarrhea? Or loose stool alternating with constipation?
- ☐ Muscle weakness, especially around the knee? Muscle or joint pain?
- ☐ Hemorrhoids or varicose veins?
- ☐ Your blood seems to pool easily, or your skin bruises easily?
- ☐ A thyroid problem that's been treated, you feel better, and suddenly you feel palpitations or have rapid or irregular heartbeats (a sign of a low cortisol/low thyroid combo)?

Total Part B _____

Results

Part B: Low Cortisol

Remember, you can have both high and low cortisol—even on the same day, within a twenty-four-hour period.

Five or more symptoms: You are *likely* low in cortisol.

Fewer than five symptoms: Consider checking your cortisol level, in either your blood or your saliva. Most mainstream doctors don't look for gradations in adrenal problems, which is what low cortisol is.