

## HOW TO ASSESS YOUR ADRENAL HEALTH

Dr. L. Wilson wrote an amazing book called *Adrenal Fatigue*, the 21<sup>st</sup> Century Stress Syndrome. I recommend it to all my clients and to those suffering with lack of energy. If you are wandering around exhausted and feeling tired all the time and no one has an answer for you, READ THIS BOOK! You will see yourself in this book and many questions you have and the feelings you have and can't explain why you are this way, will be answered.

He has questionnaires for you to answer – fill them out. Are you seeing yourself yet?

Dr. Wilson gives three self-help tests that are simple and easy to do to help you assess your Adrenal Stress. If you test positive, then you need to seek help and begin therapy to strengthen your Adrenals.

### Test 1. The Iris Contraction (Pg. 77 in *Adrenal Fatigue*)

You can do this yourself (looking into a mirror) or have a friend help you. Close or cover one eye. In a darkened room, shine a pen light across the open eye. Normal reaction is for the iris to contract and stay contracted. A person with hypoadrenia (under-active adrenals) will not hold the contraction and then the iris will begin to dilate fairly soon or within two minutes and hold for approximately 45 seconds before it recovers and contracts again, according to Dr. Wilson's observations. Allow the eye to rest after the test. Record the time the eye remains dilated. Retest monthly. It can serve as a basis for you to observe your recovery. According to Dr. Wilson, "the diminished ability of the iris to remain contracted is present in moderate to severe adrenal fatigue, but may not be present in mild cases."

I began using this test with my clients after they had done a hair analysis that determined they were in the exhaustion stage of stress. Each tested positive and confirmed again the stage that they were in of adrenal fatigue or burnout.

Dr. Arroyo first described the original test in 1924 for detecting adrenal fatigue.

### Test 2. Low Blood Pressure and Postural Low Blood Pressure (Pg. 79-81 in *Adrenal Fatigue*)

Your blood pressure is a good marker to assess your adrenal function and most neglected by doctors.

You can do this yourself or have a friend help you. You will need a blood pressure gauge called a sphygmomanometer. You can buy one in a pharmacy, medical supply store, or on the Internet. To be able to do this alone, get the kind that you push a button and it inflates and has a digital readout and does it without the use of a separate stethoscope. Tell the customer service person that this is the type of model you desire and they will find the right one for you. Once you have it, try it out first so you understand how to use it.

### Here Is What You Do

Attach the Blood Pressure (BP) device to your left arm. Follow the directions that were in the box. Lie down quietly for 10-15 minutes. Push the start button on your BP device. Record in your mind what it is. Clear the readout. Now stand and immediately measure your blood pressure while standing. Normally the BP will raise 10-20 mmHg. (mm = millimeters of mercury, the unit of measurement for blood pressure) just from changing your posture to a standing position. If instead, it drops 10mmhg or more in a standing position, it is possible you have some form of hypoadrenia or may be dehydrated.

A test for dehydration is to press your finger pads into your skin. If you see an imprint, you are dehydrated. Or if you pull up on your skin and it stays elevated a bit, you are dehydrated. You need to drink water. One glass is not enough to rehydrate you.

Do this test on another day after you have drunk sufficient amounts of water for that day. Try the test again.

If after standing, your BP drops 10mmhg or more you probably have some stage of hypoadrenia. The more severe the drop, the more severe the hypoadrenia;

Sometimes dizziness or lightheadedness accompanies as symptoms. It is a good idea to have a friend there to help you.

Once you have done this test I would suggest you seek treatment. Read Dr. Wilson's book for more insights on how to heal your adrenals. Consult with your alternative health practitioner on a program best suited for you. As your adrenals strengthen, your blood pressure will normalize.

Test 3. Sargent's White Line (present in approximately 40% of people with adrenal fatigue) (Pg. 82 in Adrenal Fatigue)

Take a dull end of a ballpoint pen and lightly stroke the skin of your abdomen, making a mark about 6 inches long. Within a few seconds it will appear. In a normal reaction, the mark will be white and redden in a few seconds. If you have hypoadrenia, the mark will stay white for about 2 minutes but also widen. This is seen in about 40% of cases of hypoadrenia but is a "slam dunk" confirmation of hypoadrenia, according to Dr. Wilson.

Sargent's White Line test is only present in moderate to severe cases of hypoadrenia.

Emile Sargent, a French physician in 1917, first introduced this test.

If you find you have positive markers for hypoadrenia, I recommend you seek advice from your doctor or alternative practitioner. To assess your adrenal stress level measuring your mineral levels, you may want to get a hair tissue mineral analysis. Click on <http://www.sportstouch.com/Products.htm>. Or contact Kate for more information at <http://sportstouch.com/ContactUs.htm>

Please do these tests. They will begin to shed light on your symptoms of feeling tired or exhausted all the time.

*Namaste*  
*(I Honor Your Spirit Within)*

*Kate*

Resource: *Adrenal Fatigue* by Dr. James L. Wilson, ND, DC, Ph.D.

