



Kinesiology with Natalia

Discover Health, Joy and Untapped Resources within!

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Test your stress questionnaire

Do you have adrenal imbalance?

- | | |
|--|--|
| <input type="checkbox"/> Fatigued/Tired most of the time | <input type="checkbox"/> Feeling down/Depressed |
| <input type="checkbox"/> Crave certain foods | <input type="checkbox"/> Rapid Heartbeat |
| <input type="checkbox"/> Hard to get up in morning | <input type="checkbox"/> Faintness |
| <input type="checkbox"/> Irritable/Moody | <input type="checkbox"/> Frequent colds/sore throats |
| <input type="checkbox"/> Find it hard making decisions | <input type="checkbox"/> Poor concentration |
| <input type="checkbox"/> Regular feelings of weakness | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> PMT/PMS | <input type="checkbox"/> Always hungry |
| <input type="checkbox"/> Feeling bloated | <input type="checkbox"/> Hyperactivity |
| <input type="checkbox"/> Nervous stomach | <input type="checkbox"/> Poor sleep patterns |
| <input type="checkbox"/> Unexplained fears/anxiety | <input type="checkbox"/> History of addiction |
| <input type="checkbox"/> Confused thinking | <input type="checkbox"/> Long periods of stress |
| <input type="checkbox"/> Poor memory | <input type="checkbox"/> Struggle to handle stress or pressure |
| <input type="checkbox"/> Feeling cold, often | <input type="checkbox"/> Hard to find joy in life |
| <input type="checkbox"/> Feeling tired most of the time | <input type="checkbox"/> Avoid emotional situations |
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> Apathy |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Poor wound healing |
| <input type="checkbox"/> Watery/itchy eyes | <input type="checkbox"/> Excessive sweating |
| <input type="checkbox"/> Muscle and joint aches | <input type="checkbox"/> Excessive hair loss |
| <input type="checkbox"/> Skin conditions | <input type="checkbox"/> Fat around the waist |

If you have answered “yes” to 8 or more of the above you may have adrenal fatigue. If you are interested in having kinesiology to help with these issues, please contact me to discuss how kinesiology can help. 0435 540 030 kinesiologywithnatalia@gmail.com

*Reference: O’Neill Kinesiology College, Hormonal procedures, 2017, © Nicolie O’Neil Kinesiology Pty Ltd.
For more comprehensive questionnaire go to www.adrenalfatigue.org*