

## TODAY'S ACTIVITY

Check the following symptoms of low adrenal function to see how you fare:

- Fatigue, especially in the afternoons
- Lingering fatigue after exertion
- Muscle weakness
- Muscles feel tender, sore or hot
- Low blood pressure
- Dizziness when standing up
- Sensitive to weather changes
- Mood swings
- Blood sugar problems
- Craving salty foods
- Catch colds easily
- Large pupils, sensitivity to sunlight