
Adrenal Symptoms

- Irritability, meltdowns, whining
- Anxiety, fear, attachment
- Early morning waking especially between 2 am-4 am (tendency to be wide awake even with little sleep, “tired and wired”)
- Allergies
- Asthma
- Inability to fall asleep at night (night owls)
- Morning fatigue
- Frequent illness or inability to recovery in a reasonable time from illness
- Sensitivity to light/sound/touch
- Hypersensitive to pain
- Hypoglycemia
- Dizziness upon standing quickly
- Morning nausea or no appetite
- Craving salt
- Low endurance compared to peers
- Constant thirst
- Explosive outbursts or overreaction to situations.