

# ADRENAL FATIGUE

## SELF-TESTS

### **Test #1: Iris Contraction Test**

Equipment required: chair, small flashlight, mirror, a watch (with a second hand), and a dark room.

In a darkened room, sit in a chair in front of a mirror. Holding the flashlight at the side of your head, shine it across one eye (not into the eye). Watch what happens in the mirror.

You should see your pupil contract immediately after the light hits the eye. The pupil will normally stay contracted, but if you have adrenal fatigue, the pupil won't be able to hold its contraction and will dilate. This dilation will take place within 2 minutes and last for about 30-45 seconds before it contracts again. Time how long the dilation lasts and record it along with the date. Retest monthly as it serves as an indicator of recovery.

### **Test #2: Blood Pressure Test**

If your blood pressure drops when you stand up from a lying position, this almost always indicates low adrenals. This can be measured with a blood pressure gauge (a sphygmomanometer), which you can buy at a drug store. Make sure to purchase the type that doesn't require a stethoscope to take your blood pressure.

Make sure to do this test when you are well hydrated or it could give you a false positive. Lie down quietly for about 10 minutes, then take your blood pressure (while still lying down). Then stand up and measure your blood pressure immediately upon standing. Normally blood pressure will rise 10-20mmHg from standing up. If your blood pressure drops, you likely have adrenal fatigue. The more severe the drop, the more severe the adrenal fatigue.

### **Test #3: Sergeant's White Line**

*This is only present in about 40% of people with Adrenal Fatigue, but if the test is positive, it's a "slam dunk" confirmation.*

With a ballpoint pen, take the cap end of the pen and lightly stroke the skin on your abdomen, making a mark about 6" long. Within a few seconds, a line should appear. In a normal reaction, the mark is initially white, but reddens within a few seconds. If you have Adrenal Fatigue, the line will stay white for about 2 minutes and will also widen.