

STRESS/ INFLAMMATION GENERAL ASSESSMENT

Section 1

Multiply “points” by duration and after completing all rows, total the Score column.

(As an example, if you have excessive fatigue for 2 years or more, you’d write 20 in the score column – 10 x 2)

Adrenal Related Problems (points)	Duration (Years)					Score
Excessive Fatigue	10	x	1/2	1	2	
Dry & Thin Skin	10	x	1/2	1	2	
Nervous/Irritability	9	x	1/2	1	2	
Low body temperature	8	x	1/2	1	2	
Premenstrual tension	8	x	1/2	1	2	
Inability to concentrate	8	x	1/2	1	2	
Mental depression	8	x	1/2	1	2	
Food allergies & sensitivities	7	x	1/2	1	2	
Craving for sweets	7	x	1/2	1	2	
Headaches	6	x	1/2	1	2	
Alcohol intolerance	6	x	1/2	1	2	
Poor memory	5	x	1/2	1	2	
Heart palpitations	5	x	1/2	1	2	
Total Score						

30 or less: Minimal probability of Adrenal Axis-Stress related problem.

31 to 50: Moderate probability of Adrenal Axis-Stress related problem. ASI Test worth consideration.

51 and up: High probability of Adrenal Axis-Stress related problem. **ASI Test recommended.**

Section 2

This section allows you to assess the social stressors that impact biochemistry and see whether your present social condition puts you at risk for inflammatory disease. For each life event, answer Yes or No, and total up the points indicated totaling only the rows in which you answered, "Yes."

LIFE EVENT	ANSWER	POINTS
Death of spouse	Yes No	100
Divorce	Yes No	73
Marital separation	Yes No	65
Jail term	Yes No	63
Death of close family member	Yes No	63
Personal injury or illness	Yes No	53
Marriage	Yes No	50
Fired from work	Yes No	47
Marital reconciliation	Yes No	45
Retirement	Yes No	45
Change in family members health	Yes No	44
Pregnancy	Yes No	40
Sex difficulties	Yes No	39
Addition to family	Yes No	39
Business readjustment	Yes No	39
Change in financial status	Yes No	38
Death of close friend	Yes No	37
Change in line of work	Yes No	36
Change in # of marital arguments	Yes No	35
Mortgage or loan over \$10,000	Yes No	31
Foreclosure of mortgage or loan	Yes No	30
Change in work responsibilities	Yes No	29
Son or daughter leaving home	Yes No	29
Trouble with in-laws	Yes No	29
Outstanding personal achievement	Yes No	28
Spouse begins or stops work	Yes No	26
Starting or finishing school	Yes No	26
Change in living conditions	Yes No	25
Revision of personal habits	Yes No	24
Trouble with boss	Yes No	23
Change in work hours, conditions	Yes No	20
Change in residence	Yes No	20
Change in schools	Yes No	20
Change in recreational habits	Yes No	19
Mortgage or loan under \$10,000	Yes No	18
Change in sleeping habits	Yes No	16
Change in eating habits	Yes No	15
Vacation	Yes No	13

POINTS TOTAL

SCORING

150 or less 37% chance of illness within the next two years.

151 - 299 50% chance of illness within the next two years. ASI test worth consideration.

300 or above 80% chance of illness within the next two years. **ASI test recommended.**