



The Adrenal Thyroid Revolution Questionnaires

For the interpretation of your results, please get a copy of The Adrenal Thyroid Revolution.

Decode Your SOS Type:

Are You in SOS with Overdrive (SOS-O)?

Check the box next to any symptoms you relate to. Each check counts as one point.

Symptoms	Before Reboot	After Reboot
I have trouble falling asleep; I often feel “tired and wired”		
I fall asleep and then wake up a couple of hours later		
I feel tired in the morning, even after a full night’s sleep		
I wake up hungry during the night		
I feel tired during the day; I often hit a slump at about three to four o’clock in the afternoon		
I need coffee to start my day; I sometimes need another cup in the afternoon		
I crave sweets, coffee, or chocolate (or salty foods or carbs) (especially in the afternoon)		
I often feel stressed or overwhelmed; I’ve been under stress for weeks (or months or years)		

Symptoms	Before Reboot	After Reboot
I feel anxious, worry a lot, or often think something "bad" is about to happen		
I jump at loud noises		
I feel I have no food willpower		
I stress-eat		
I have irritable bowel syndrome (IBS)		
I have low (or no) sex drive		
I'm too irritable		
I'm overweight, especially around my middle ("muffin top")		
I have trouble gaining weight		
Sometimes I'm really blue or even depressed		
I feel like I never accomplish enough; I'm often pushing myself to do more		
I look more wrinkly than I think I should for my age		
My memory is not great; I have trouble with my focus		
My menstrual cycles are irregular		
I've had trouble getting pregnant in the past or I've had a miscarriage		
I have polycystic ovarian syndrome		
I've been told I have high cholesterol		
I've been told I have bone loss (osteopenia or osteoporosis)		
I get sick easily; coughs and infections tend to linger		
I have hives (or allergic reactions, asthma, or seasonal allergies)		
I've been diagnosed with an autoimmune disease		
I've been told that my blood sugar is high; I have metabolic syndrome (or insulin resistance or diabetes)		
SCORE		

Decode Your SOS Type:

Are You in SOS with Exhaustion?

Check the box next to any symptoms you relate to. Each check equals one point.

Symptoms	Before Reboot	After Reboot
I often feel really exhausted; I might describe myself as “burned out,” “crispy,” or “fried”		
I wake up at three to four o'clock at night; sometimes it's hard to fall back to sleep		
I wake up tired even when I've gotten a good night's sleep		
I feel anxious a lot		
Everything feels overwhelming these days; it's hard to get motivated to do any of it		
I'm getting sick way more often than I think I should		
I'm having cold sores (or herpes outbreaks, yeast infections, or urinary tract infections)		
I crave sugar (or carbs or salty foods)		
I don't have much tolerance for exercise; I get wiped out pretty quickly		
I'm depressed, weepy, and feel emotionally exhausted		
My motivation and drive are really low		
My hormones are all over the place and my cycles are really irregular		
I have no sex drive		
I've been diagnosed with an autoimmune disease		
I've been told I have low blood pressure; sometimes I get dizzy, especially when standing up from a laying-down position		
Sometimes my heart races		
My memory is not what it was		
I've been diagnosed with chronic fatigue syndrome (or fibromyalgia)		
I sometimes feel confused (or unable to make decisions)		
My wounds seem to take a long time to heal		
SCORE		

Do You Have Hypothyroidism?

“Test, Don’t Guess”

Check the box next to any symptoms you relate to. Each check equals one point.

Symptoms	Before Reboot	After Reboot
I feel sluggish; even my limbs feel heavy sometimes		
I’m often fatigued and run down; sometimes I have zero energy		
I’ve gained weight in the past few months and I can’t figure out why		
I’m having trouble losing weight, even though I’ve tried dieting and exercise		
I have insomnia, trouble falling asleep, waking up too soon after I go to sleep, or I’m waking up at three to four o’clock at night		
My memory and concentration aren’t what they were		
I’m feeling blue; I’m struggling with depression; I’ve lost my sense of joy and pleasure		
I often feel anxious, worried, and fear that something bad is going to happen		
My bowels are generally sluggish; I have a bowel movement less than once daily		
I feel cold all the time; I have to wear sweaters even when nobody else is		
My skin is dry (or itchy or rough)		
My hair or nails are dry, coarse, and brittle		
I’ve been losing a lot of hair; my hair is thinning		
My cholesterol is high		
I’ve got puffiness around my eyes, and my face gets puffy		
I’ve noticed that the outer thirds of my eyebrows are thin (or have virtually disappeared)		
I crave sugar and carbohydrates		
I’ve had fertility problems		
I have PMS, heavy periods, or I’ve skipped periods completely		
I’ve had trouble getting pregnant (or have had a miscarriage in the past)		
I have (or have had) postpartum depression (or trouble producing breast milk)		
I catch every bug that goes around		
I tend to have a low body temperature		
I get a lot of joint aches and muscle weakness		
I have celiac disease or another autoimmune condition		
I’ve been diagnosed with carpal tunnel syndrome, tendinitis (or plantar fasciitis)		
I get numbness or tingling in my hands or feet		
SCORE		

Root 1: Chronic Mental and Emotional Stress

Check the box next to any symptoms you relate to. Each check equals one point.

Symptoms	Before Reboot	After Reboot
I get headaches		
I have IBS; stress makes me have to run to the bathroom		
I get stomachaches		
I'm pretty sure I'm a perfectionist		
I often have back, neck, shoulder, or other muscle tightness or pain		
I get jaw pain; I clench or grind my teeth		
I can't get to sleep; I often have interrupted sleep (or I wake up too early)		
I'm often nervous or anxious (or worried)		
I'm often tearful or on the verge of tears		
I'm often edgy or feel like I'm ready to explode		
I often feel powerless, helpless, dependent, or vulnerable		
I have negative thoughts about myself or my body several or many times a day		
I'm under constant or frequent pressure; I feel overwhelmed and overloaded		
I can never meet my own standards or someone else's; I know I'm a perfectionist		
I've lost the pleasure in my life; life feels "flat" and I'm bored		
I use food to calm my stress or change my mood		
I use cigarettes or alcohol (or other substances) to calm my stress or anxiety		
I feel guilty for no reason		
I've been nagging a lot lately; I'm critical of others, picking fights, and I have no stress tolerance		
I shop to ease my stress		
SCORE		

Root 2: Food Triggers

Do you have food triggers or a phytonutrient gap?

Check the box next to any symptoms you relate to. Each check equals one point.

Symptoms	Before Reboot	After Reboot
I'm tired often, or feel "drunk" or "drugged," and especially after eating (FT)		
I have food sensitivities (FT)		
I skip meals a few times a week because I'm too busy to eat (PG-MAG)		
I get leg or foot (or other) muscle cramps (PG-MAG)		
I get twitching around my eyelids/eyes (PG-MAG)		
I am sensitive to loud noises (PG-MAG)		
I grind my teeth (PG-MAG)		
I have restless leg syndrome (PG-MAG, iron)		
My heart skips beats sometimes or flutters (palpitations) (PG-MAG, iron)		
I get migraine headaches (PG-MAG, ft)		
I get menstrual cramps (or PMS) (PG-MAG)		
I'm indoors most of the time (PG-VIT D)		
I'm a vegan (or vegetarian) and don't supplement with vitamin D or vitamin B12 (PG-MAG, iron, VIT D, B12)		
I get numbness or tingling in my hands or feet (PG-B12)		
I have osteopenia or osteoporosis (PG-MAG, VIT D, CA)		
I have insulin resistance or metabolic syndrome (or diabetes) (PG-MAG, VIT D, FT)		
My skin is dry and itchy (PG-EFA)		
I have dry eyes (PG-EFA)		
I crave sweets but have an energy crash a few hours after I eat them (FT, PG-MAG)		
My hair (or nails) aren't healthy (PG)		
I drink soda or fruit juice more than once a month (PG)		
I eat mostly processed or packaged foods (PG)		
I bruise easily (PG-VIT C)		

Symptoms	Before Reboot	After Reboot
My gums bleed when I brush (or floss) (PG-VIT C)		
I'm often constipated or get loose stools after eating (or have IBS) (FT)		
I get sick (or have colds) easily, and infections linger (PG-ZN)		
I get hives or have eczema or allergies (or asthma) (FT)		
My heart sometimes races after I eat certain foods (FT)		
I get cracks at the corners of my mouth (PG-B-complex, FT)		
I get white spots on my fingernails (PG-ZN)		
I have a stressful relationship with food (PG)		
SCORE		

Key: B₁₂ = vitamin B₁₂, CA = calcium, EFA = essential fatty acids, FT = food trigger, MAG = magnesium, PG = phytonutrient gap, VIT C = vitamin C, VIT D = vitamin D, ZN = zinc

Root 2: Food Triggers

Are Blood Sugar Imbalances Causing SOS?

Check the box next to any symptoms you relate to. Each check equals one point.

Symptoms	Before Reboot	After Reboot
I often skip meals because I am too busy		
I sometimes become weak, dizzy, or shaky because I haven't eaten in a while; I find myself famished before I even realized I was getting hungry, or sometimes need sugar or carbs fast because I'm so hungry		
I'm hungry again after dinner, before going to bed		
I crave sweets or carbs		
I wake up hungry in the middle of the night		
I skip breakfast more than one day a week		
I eat a low-calorie diet but can't seem to lose weight		

Symptoms	Before Reboot	After Reboot
I've been diagnosed with insulin resistance metabolic syndrome (or diabetes)		
I'm overweight, especially around my middle (or have a muffin top)		
I have PCOS		
I frequently get yeast infections		
I get tired shortly after I eat something sugary or with carbs		
I get angry or irritable, then realize I'm hungry		
I get headaches when I forget to eat		
I exercise less than three times each week		
I've been told I have hypoglycemia		
SCORE		

Root 3: Gut Disruption

Check the box next to any symptoms you relate to. Each check equals one point.

Symptoms	Before Reboot	After Reboot
Immediately after eating, I start sneezing or develop congestion (LG)		
I have heartburn (GERD, reflux, acid indigestion) (GI)		
I have celiac disease (GI)		
I crave bread (or sugar or alcohol) (M)		
I've been told I have SIBO (SIBO-M)		
I have yeast overgrowth (candida) (M)		
I get anal itching (M)		
I have chronic vaginal yeast infections (M)		
I had Group B Strep (GBS) infection during pregnancy (M)		

Symptoms	Before Reboot	After Reboot
I get indigestion when I eat fatty foods (M)		
I've been told I have leaky gut (intestinal hyperpermeability) (LG/M)		
I have incomplete bowel movements (M)		
I've taken antibiotics more than once in the past three years (LG/M)		
I frequently had antibiotics as a child (or in my teens, twenties, or more recently) (LG/M)		
My SOS or Hashimoto's symptoms started after a bout of food poisoning (or travel diarrhea) (LG/M)		
I've had food poisoning or travel diarrhea in the past five years (LG/M)		
I take ibuprofen (or other NSAID drugs) or Tylenol regularly (weekly or more often) (LG/M)		
I often have loose stools (M/GI)		
I feel "drunk," drugged, or tired after eating (M/GI)		
I notice that I sometimes have undigested food in my stool (M/GI)		
I get full very quickly when I eat; I can eat only a very small amount at a sitting (SIBO/M)		
I get nauseated after I eat (SIBO/M)		
I regularly need antacids (SIBO/M)		
I have food sensitivities (LG/M/GI)		
I get symptoms when I eat gluten or dairy (LG/M/GI)		
I have seasonal allergies (or food allergies, asthma, or eczema) (LG/M/GI)		
I feel down, irritable, moody, or weepy after I eat certain foods (LG/M/GI)		
I get a skin rash, hives, or eczema after I eat certain foods (LG/M/GI)		
I have Hashimoto's (or rheumatoid arthritis, psoriasis, or another autoimmune disease) (LG/M/GI)		
I get constipated; I have a bowel movement less than once a day; my bowels are sluggish (M/GI)		
I take medications for reflux or acid indigestion (or have to take digestive enzymes or other supplements to digest my food) (LG/M/SIBO)		
SCORE		

Key: GI = gluten intolerance / celiac, LG = leaky gut, M = microbiome, SIBO = small intestinal bacterial overgrowth

Root 4: Environmental Toxins

Are you in toxic overload?

Check the box next to any symptoms you relate to. Each check equals one point.

Symptoms	Before Reboot	After Reboot
I suffer from regular (or frequent) headaches		
I have allergies and sensitivities		
I am fatigued with no good reason for feeling this tired		
I have trouble with memory and focus		
I have a bowel movement every other day or less often		
I'm bothered by perfumes (or strong scents or chemical odors)		
I'm sensitive to household cleaning products		
My skin is sensitive to perfumes, soaps, and detergents		
When I drink coffee or have caffeine, my heart races and I feel anxious or wired		
I have more than two mercury amalgam fillings		
I drink fluoridated water; I use fluoride-containing toothpaste		
I went through puberty or started my period before age ten		
I have PMS (or heavy, painful, or irregular periods)		
I have breast tenderness or breast lumps regularly		
I regularly drink from plastic water bottles (or heat my food in plastic containers)		
I have chronic fatigue syndrome (or fibromyalgia)		
I don't sweat easily		
I regularly take acetaminophen (Tylenol or similar)		
I wear makeup every day, and usually don't buy the "green" or organic types		
I use perfumes, or products with perfumes in them, like my shampoo, soap, and hair spray		
I use conventional household cleaning products		

Symptoms	Before Reboot	After Reboot
I live in a newly built house that is very airtight		
I eat inorganic meat or dairy more than once a month		
I eat inorganic produce (fruits and vegetables) most of the time		
I eat seafood regularly, and don't select only low-mercury sources		
SCORE		

Root 5: The Stealth Infection Pathway

Do you have a stealth infection?

Check the box next to any symptoms you relate to. Each check counts as one point.

Symptoms	Before Reboot	After Reboot
My symptoms began after I had a viral (or other) infection		
I'm tired more often than I think I should be		
I'm exhausted all the time		
My muscles feel heavy and tired		
I have aching or swelling in my joints		
I've had mono (Epstein-Barr virus [EBV]) in the past		
I currently have mono or EBV virus		
I have chronically (or currently) swollen lymph glands		
I have Hashimoto's thyroiditis		
I have GERD or have been treated for <i>H. pylori</i> infection		
I've had cytomegalovirus (CMV) in the past		
I've had a herpes infection		
I get cold sores often (or when under stress)		
I've been bitten by a deer tick and haven't been properly treated (or I have Lyme disease)		
SCORE		