

### Test yourself for Cortisol Deficiency (Both Men & Women)

<b>My face looks thinner</b>	
<b>My friends call me skinny</b>	
<b>I have eczema, psoriasis, urticaria (“nettle rash”), skin allergies or other rashes</b>	
<b>My heart beats quickly</b>	
<b>My blood pressure is low</b>	
<b>I crave salt or sugar (to the extent of bingeing)</b>	
<b>I have digestive problem</b>	
<b>I have allergies (hay fever, asthma, etc)</b>	
<b>I'm stressed out</b>	
<b>I'm easily confused</b>	

**Your Score :**

**If you score  $\geq 5$ ; then it's time for you to consult your doctor**