

	High Sugar	Low Sugar	High Temp.	Low Temp.	High Pulse	Low Pulse	High Blood Pressure	Low Blood Pressure	Diet
High adrenals Thyroid normal	X		X				X		Low sodium diet; high potassium diet Detoxification
Low adrenals Thyroid normal		X		X				X	High sodium diet; low potassium diet. Licorice root is good to help build adrenals
High thyroid Adrenals normal	X		X		X				High sodium diet; low potassium diet Detoxification
Low thyroid Adrenals normal		X				X			High potassium foods, sea- weeds and green drinks
	If both thyroid and adrenal glands are affected, the pituitary gland is imbalanced.								
Overactive pituitary			X		X		X		Detoxify; use low protein diet
Underactive pituitary				X		X		X	Nutritional deficiencies or long-term toxicity

# GLANDULAR FUNCTION TEST

This test can help you determine which glands or organs in your body might need nutritional support. For each statement, mark:

- 1 If it is **mildly** true.
- 2 If it is **moderately** true.
- 3 If it is **totally** true.

If a statement does not apply, leave it blank.

## A. PITUITARY

- \_\_\_ Cold hands, feet/cold all over
- \_\_\_ Family history of mental illness
- \_\_\_ Delivered with forceps
- \_\_\_ History of serious head injury
- \_\_\_ Infertility or impotency
- \_\_\_ Headaches behind eyes or affecting one half of head
- \_\_\_ Disease of bones, ligaments, or tendons
- \_\_\_ Excessive urination
- \_\_\_ Water swelling below eyes or in ankles, fingers, feet, etc.
- \_\_\_ Difficult pregnancy or delivery
- \_\_\_ Pain in upper left neck or left little finger
- \_\_\_ Overweight from waist down
- \_\_\_ Overweight from waist up

## B. THYROID: UNDERACTIVE

- \_\_\_ Muscles stiff in morning, feel "creaky" after sitting still for long periods
- \_\_\_ Feel dizzy or nauseated in morning
- \_\_\_ Motion sickness, dizzy when changing up and down positions
- \_\_\_ Heart occasionally misses beats or turns flip-flops
- \_\_\_ Coughing, hoarseness, or muscle cramps that get worse at night
- \_\_\_ Sleeplessness, restlessness, failing memory, forgetfulness
- \_\_\_ Slow in mornings, gain speed in afternoon
- \_\_\_ Dislike working under pressure
- \_\_\_ "Go to pieces" easily, cry easily
- \_\_\_ Gain weight easily
- \_\_\_ Difficulty concentrating, easily distracted

## C. THYROID: OVERACTIVE

- \_\_\_ Rapid heartbeat when resting (more than 90 beats per minute)

- \_\_\_ Tongue quivers, hands shake
- \_\_\_ Strong drive followed by exhaustion
- \_\_\_ Good appetite but can't gain weight
- \_\_\_ Fine features, thin skin and hair

## D. LIVER

- \_\_\_ Distress (nausea or headaches) from fats or greasy foods
- \_\_\_ Distress from onions, cabbage, radishes, cucumbers
- \_\_\_ Stool appears yellow, clay-colored, foul-odored
- \_\_\_ Skin oily on nose and forehead
- \_\_\_ Bad breath, bad taste in mouth, body odor (including feet)
- \_\_\_ Long history of constipation

## E. ADRENALS: UNDERACTIVE

- \_\_\_ Eyes sensitive to bright lights
- \_\_\_ Tightness or lump in throat
- \_\_\_ Form "gooseflesh" easily, cold sweats
- \_\_\_ Voice rises to high pitch during stress
- \_\_\_ Easily shaken up, startled, heart pounds hard from unexpected noise
- \_\_\_ Prefer being alone
- \_\_\_ Blood pressure fluctuates, has been too low on occasion
- \_\_\_ Avoid complaints, try to ignore discomforts and inconveniences
- \_\_\_ Allergies: skin rash, dermatitis, hay fever, sneezing attacks, or asthma
- \_\_\_ Unusual craving for salt
- \_\_\_ Excessive perspiration

## F. ADRENALS: OVERACTIVE

- \_\_\_ Persistent high blood pressure
- \_\_\_ Stronger than average physically
- \_\_\_ Strong feelings, tend to "blow up"
- \_\_\_ Female: Excess hair on face, arms or legs/masculine aspects
- \_\_\_ Males: Baldness, excess hair on arms or back, muscular "square" build, aggressive

## G. PANCREAS

- \_\_\_ Pain on inside of left shoulder blade or left side of abdomen
- \_\_\_ Blurry left eye
- \_\_\_ Lower bowel gas 2 hours after eating
- \_\_\_ Blood clots rapidly, history of phlebitis

or embolism

- \_\_\_ High blood pressure
- \_\_\_ Asthma
- \_\_\_ Shingles on trunk of body
- \_\_\_ Poor circulation, cold hands/feet
- \_\_\_ Arthritic pain, swelling, rheumatism
- \_\_\_ Feel cold and sweaty, shaky
- \_\_\_ White spots on fingernails
- \_\_\_ Psoriasis or acne
- \_\_\_ Wounds heal slowly

## H. KIDNEY

- \_\_\_ Burning urination
- \_\_\_ High diastolic blood pressure (above 90)
- \_\_\_ Back and/or leg pains
- \_\_\_ Swelling of hands and/or feet
- \_\_\_ Anemic
- \_\_\_ Joint pains
- \_\_\_ Urinary incontinence
- \_\_\_ Prostate problems

## I. HEART

- \_\_\_ Chest pain radiating to left arm
- \_\_\_ Unexplained headaches, dizziness or nausea
- \_\_\_ Rapid heart rate (above 90 bpm)
- \_\_\_ High blood pressure
- \_\_\_ Slow heart rate (below 50 bpm)
- \_\_\_ Heart flip-flops

## J. THYMUS

- \_\_\_ Very susceptible to infections
- \_\_\_ Flu-like symptoms often occur
- \_\_\_ Swollen glands in armpits, groin, tonsils
- \_\_\_ Unexplained sweating
- \_\_\_ Feeling of puffiness in throat
- \_\_\_ Soreness on both sides of neck at shoulder level

## INTERPRETATION

In general, if you score higher than 3 or 4 points in any category, you may benefit by supplementing your diet with key nutrients and glandular extracts to support that specific gland or organ.

If your score is extremely high in any category, you should consider consulting a health care practitioner for proper diagnosis and treatment.

## HERBS TO REGULATE HORMONES

### *hormonal regulators*

#### *adrenocortical hormones simulants*

Aconitum carmichaeli, Andrographis, Basil, Blackcurrant, Licorice, Oak, Pine, Rosemary, Savory, Siberian ginseng, Thyme

#### *adrenocortical hormones inhibitors*

Angelica, {Butrus}, Mousear, Vervain, Ylang-ylang

#### *adrenomedullary hormones simulants*

Basil, Borage, Broom, Cereus, Celery, Geranium, Ginseng (all types), Lemon, Oak, Pine, Rosemary, Savory, Siberian ginseng, Thyme

#### *adrenomedullary hormones inhibitors*

Angelica, Ylang-ylang

### *estrogen simulants*

Angelica, Aniseed, Beet leaf, Black cohosh, Blue cohosh, Burdock, Camomile, Caraway, Catinip, {Cervus}, Cnidium, Coriander, Culver's root (?), Cyperus, Cypress, Dang gui, Elecampane, Fenugreek, Fennel, Flower pollen, Gentian, Geranium, Ginseng (all types), Helonias, Hops, Ivy, Licorice, Ligusticum chuanxiong, Lovage, Motherwort, Mugwort, Nettle, Oats, Parsley, Psoralea, Red clover, Sarsaparilla, Rosemary, Sage, Wild yam, Yarrow

### *estrogen inhibitors*

Cumin, Pasque flower, Poppy, Rye ergot, Stoneseed

### *gonadotropic hormones regulators*

Chasteberry, Damiana, Rehmannia, Sage, Watercress

### *insulin stimulants (hypoglycemics)*

Agrimony, Alisma, Allspice, Artichoke, Asthma weed, Arctiodes (all types), Banana, Bilberry, Blackberry, Blackcurrant, Blackthorn bark & leaf, Blue cohosh, Bugleweed, Burdock, Cabbage, Cashew, Carrot, Celandine, Celery, Centaury, Chicory, Coconut, Corn, Cranesbill, Dandelion, Devil's claw, Dioscorea sativa, Elecampane, Eucalyptus, Fennel, Fenugreek, Figwort, Flax, Jambul, Garlic, Gelsemium, Geranium, Ginseng (all types), Goat's rue, Jerusalem artichoke, Knotgrass, Lemon, Lettuce, Lily of the valley, Nettle, Mulberry, Mugwort, Oats, Olive, Onion, Papaya, Pea, Periwinkle, Platycodon, Raspberry leaf, Rehmannia, Sage, Siberian ginseng, Solomon's seal, Saw palmetto, Scrophularia, Spinach, Sunflower, Sweet potato, Thuja, Turnip, Walnut, Watercress, Wintergreen

### *insulin inhibitors*

Angelica, Arnica, Barberry, Bogbean, Centaury, Gentian, Holy thistle, Southernwood, Wormwood

### *pituitary hormones regulators*

Bladderwrack, Chasteberry, Damiana, Kelp, Watercress

### *progesterone simulants*

Dang gui, Elecampane, Helonias, Lady's mantle, Mugwort, Sarsaparilla, White deadnettle, Yarrow

### *testosterone simulants*

Acanthopanax, {Cervus}, Damiana, Epimedium, Flower pollen, Ginseng (all types), Guaraná, Lady's mantle, Lemon, Muirã puama, Parsley, Sarsaparilla, Savory, Saw palmetto, Yarrow, Yohimbe

### *thyroxine simulants*

Artichoke, Bladderwrack, Blue flag, Calamus, Iceland moss, Glasswort, Kelp, Microalgae, Oats, Sargassum, Saw palmetto, Oregon grape, Watercress

### *thyroxine inhibitors*

Black hellebore, Bugleweed, Cabbage, Horseradish, Lily of the valley, Mistletoe, Motherwort, Shepherd's purse, Turnip, Watercress