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**OPTIMAL WELLNESS**

*THROUGH INTEGRATIVE AND FUNCTIONAL MEDICINE*

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### Symptoms of Late Stage HPA Axis Dysregulation (adrenal fatigue)

Fatigue, (this is number one), difficulty getting up in the morning, never feeling refreshed upon awakening, must have an afternoon nap, wired at night and can't sleep, often wake in the middle of the night, craving for salty food, inability to handle stress, low libido, increased time to recover from illness injury or illness, poor immune function, light-headed when standing, low-mood, brain fog, poor exercise tolerance, symptoms worse if skipped meal.