

Module 5, Lesson 5 Quiz:

Adrenal Fatigue & Chronic Fatigue Syndrome

1. When the adrenal glands are producing bursts of cortisol and the fight or flight response is engaged over a long period of time, it may cause adrenal fatigue. Side effects of this include all of the following, except:
 - a. Tiredness
 - b. Brain fog
 - c. Salt and sweet cravings
 - d. **High levels of serum cortisol**

2. Diagnosing adrenal fatigue is extremely hard to do and the medical community is working hard on learning more, but for now:
 - a. Adrenal fatigue is not recognized as a true diagnosis
 - b. There is no clear testing protocol for the disease
 - c. There are no lab values that clearly identify the disease
 - d. **All of the above**

3. It is estimated that Chronic Fatigue Syndrome (CFS) affects 2.5 million Americans. Most are undiagnosed. The population that is most susceptible to this disease is:
 - a. **Middle-aged women**
 - b. Middle-aged men
 - c. Elderly women
 - d. Elderly men

4. What intervention is not recommended for the client who believes she is suffering from CFS?
- a. **Intense exercise**
 - b. Keeping a journal of symptoms
 - c. Avoiding simple sugars
 - d. Keeping a strict sleep hygiene routine