

Stages	Process	Cortisol	DHEA	Preg	Symptoms	Signs
Stage 1	Alarm Reaction	H	L	NL	Fatigue, mild / transient	High BP
Stage 2	Resistance Response	H -> NL	LL	NL -> L	Fatigue, moderate / relieved with sleep, caffeine, sugar	High BP, High BG, High cholesterol, High insulin, obesity
Stage 3	Adrenal Exhaustion					
Stage 3A	Early System Dysfunction	L	LLL	L	Fatigue now constant, insomnia, pain, brain fog, anxiety, depression, recurrent infections, acne, hirsutism, hair loss, salt cravings	Low BG, Low BP, mild electrolyte disturbances (low Na, high K), lower detox, early sarcopenia, allergies, autoimmune disease, early hormonal imbalances (low thyroid, low P, high androgens)
Stage 3B	Hormonal Axis Imbalances	LL	LLLL	LL	Estrogen dominance, PMS, PCOS, low thyroid sx	Hormonal imbalances (low thyroid, low P, high androgens) Uterine fibroids, FCBD, Low thyroid (secondary)
Stage 3C	Disequilibrium	LLL	LLLL	LLL	Panic attacks, dizziness, palpitations, sudden awakening, emotional lability, POTS, extreme sensitivity to triggers, wired and tired, paradoxical reactions	SympathoAdrenal System activation, edema, low Na
Stage 3D	Near Failure	LLLL	LLLL	LLLL	Gastric bloating, extreme sensitivities and intolerances, extreme nervousness, sense of impending doom	Full survival mode, rapid weight loss, reduced gastric assimilation, severe sarcopenia
Stage 4	Adrenal Failure					