

The Hidden Causes of Fatigue Self-Assessment

Discover Which Hidden Imbalances May Be Draining Your Energy

Presented by Eileen Durfee | EileenDurfee.com

Most people assume fatigue is simply caused by not sleeping enough or working too hard. But for millions of people, exhaustion runs deeper — and no amount of rest seems to fix it.

The real culprits are often hidden mineral imbalances, toxic burdens, hormonal dysregulation, blood sugar swings, and nervous system stress that conventional testing frequently misses.

This assessment is designed to help you identify which of these hidden drains may be affecting you. It is not a diagnostic tool, but it is a powerful starting point for understanding what your body may be trying to tell you.

HOW TO USE THIS ASSESSMENT

Read each symptom below. Check the box if you experience it regularly — meaning at least several times per week or as an ongoing pattern rather than an occasional occurrence.

Each checked symptom counts as 1 point. Total your points at the end and compare your score to the interpretation guide.

Be honest with yourself. The goal is clarity, not a perfect score.

SECTION 1 — Energy & Adrenal Function

✓	Symptom	Points
☐	I feel tired even after a full night of sleep	1 pt
☐	I experience an energy crash between 2–4 pm	1 pt
☐	I rely on caffeine to get through the day	1 pt
☐	I feel "wired but tired" exhausted but unable to relax	1 pt
☐	I wake unrefreshed in the morning	1 pt
☐	Physical or mental stress leaves me depleted for days	1 pt
☐	I feel overwhelmed by tasks that used to be easy	1 pt

Section 1 Total: _____ / 7

SECTION 2 — Mineral & Nutritional Imbalances

✓	Symptom	Points
☐	I experience muscle cramps or twitching	1 pt
☐	I have poor nail quality (brittle, ridged, slow-growing)	1 pt
☐	My hair is thinning or falling out more than usual	1 pt
☐	I crave salt, sugar, or chocolate regularly	1 pt
☐	I experience heart palpitations or an irregular heartbeat	1 pt
☐	I feel cold easily, especially in my hands and feet	1 pt
☐	I have a low tolerance for alcohol or medications	1 pt
☐	I have been told I am anemic or borderline anemic	1 pt

Section 2 Total: _____ / 8

SECTION 3 — Blood Sugar & Metabolic Function

✓	Symptom	Points
☐	I feel shaky, irritable, or foggy if I skip a meal	1 pt
☐	I frequently experience cravings for sweets or carbohydrates	1 pt
☐	My weight is difficult to manage despite effort	1 pt
☐	I feel better after eating but tired again within 1–2 hours	1 pt
☐	I experience bloating, gas, or digestive discomfort regularly	1 pt
☐	I have been told I have insulin resistance, pre-diabetes, or metabolic syndrome	1 pt
☐	I have difficulty maintaining stable energy throughout the day	1 pt

Section 3 Total: _____ / 7

SECTION 4 — Hormonal Balance

✓	Symptom	Points
☐	My sleep quality has declined or changed in recent years	1 pt
☐	I experience mood swings, anxiety, or low mood	1 pt
☐	I have experienced significant changes in menstrual cycles (if applicable)	1 pt
☐	My libido has decreased noticeably	1 pt
☐	I feel emotionally flat or have lost interest in activities I used to enjoy	1 pt
☐	I experience night sweats or temperature dysregulation	1 pt
☐	I have been told I have a thyroid condition or suspect I might	1 pt
☐	My memory or concentration has declined	1 pt

Section 4 Total: _____ / 8

SECTION 5 — Toxic Burden & Detoxification

✓	Symptom	Points
☐	I am sensitive to fragrances, chemicals, or environmental exposures	1 pt
☐	I experience skin issues (rashes, acne, eczema, or dull complexion)	1 pt
☐	I have been exposed to mold or suspect mold in my home or workplace	1 pt
☐	I have a history of significant medication use, dental amalgams, or occupational chemical exposure	1 pt
☐	I live or work in a high-traffic, industrial, or urban area	1 pt
☐	I experience frequent headaches or migraines	1 pt
☐	My body feels slow to recover from illness	1 pt

Section 5 Total: _____ / 7

SECTION 6 — Nervous System & Structural Stress

✓	Symptom	Points
☐	I carry chronic tension in my neck, shoulders, or jaw	1 pt
☐	I experience recurring headaches originating at the base of the skull	1 pt
☐	My posture has worsened — rounded shoulders, forward head position	1 pt
☐	I have difficulty taking a full, deep breath	1 pt
☐	I experience tingling, numbness, or radiating pain in my arms or legs	1 pt
☐	I feel physically exhausted after sitting at a desk for extended periods	1 pt

☐	I have been told I have poor posture or spinal misalignment	1 pt
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Section 6 Total: _____ / 7

CALCULATE YOUR TOTAL SCORE

Section 1 — Energy & Adrenal Function	_____ / 7
Section 2 — Mineral & Nutritional Imbalances	_____ / 8
Section 3 — Blood Sugar & Metabolic Function	_____ / 7
Section 4 — Hormonal Balance	_____ / 8
Section 5 — Toxic Burden & Detoxification	_____ / 7
Section 6 — Nervous System & Structural Stress	_____ / 7
TOTAL SCORE	_____ / 44

WHAT YOUR SCORE MEANS

Score	Category	Recommended Next Step
0–5	Optimal Energy Reserve	Your energy systems appear well-balanced. Focus on maintaining your habits and consider a preventive Hair Mineral Analysis to confirm your mineral status.
6–12	Mild Depletion	Some energy drains are present. A Hair Mineral Analysis can identify which specific imbalances are contributing and guide targeted support.
13–20	Moderate Depletion	Multiple systems are stressed. Your body is working harder than it should. A Hair Mineral Analysis and consultation with Eileen is strongly recommended.
21+	Significant Depletion	Your body is showing signs of deeper imbalance across multiple systems. A comprehensive Hair Mineral Analysis and personalized consultation are essential next steps.

WHAT TO DO NEXT

Your score is a starting point — not a final answer. The most powerful next step is to understand exactly what is happening inside your body at the cellular level.

A Hair Mineral Analysis (HTMA) is one of the most revealing tests available for identifying the root causes of fatigue, hormone imbalance, blood sugar dysregulation, and toxic burden. It measures 35+ minerals and toxic metals using a small hair sample — no blood draw required.

Eileen Durfee has used Hair Mineral Analysis for years to help clients understand the unique biochemical blueprint driving their symptoms and to create targeted protocols that restore energy, clarity, and vitality.

Ready to discover your mineral blueprint?

Order a Hair Mineral Analysis or schedule a consultation with Eileen at:

WellnessShoppingOnline.com

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