Ragland's Test

A good test to indicate the general health of the adrenal glands is called Ragland's test. In a person who has adequately functioning adrenal glands, the systolic blood pressure is about 10 mm. higher when a person is standing than when he is lying down. **You will need a Home blood pressure kit to do this test.**

Procedure for Testing:

- Lie down for 3-5 minutes, then take your blood pressure
- Stand immediately and take your blood pressure again
- Rest for 6 minutes lying down
- Stand up and immediately take the blood pressure

Interpretation of Test:

- If the blood pressure is 10 mm Hg. lower after standing, suspect adrenal gland weakness.
- The greater the drop in blood pressure the greater the degree of adrenal dysfunction.