

## HEALTH ASSESSMENT: CORTISOL

Cortisol is a hormone produced by the adrenal glands (our "stress organs").

Cortisol is involved in the response to stress, and while it is an important and helpful part of our response, it is important for our body to return to normal functioning following a stressful event. If this stress response is activated too often or for too long, our body may stay in a state of chronic stress, leading to high Cortisol levels. This can lead to:

- Suppressed thyroid function
- Blood sugar imbalances
- Decreased bone density
- Decreased muscle tissue
- Impaired cognitive(brain) performance
- Higher blood pressure
- Increased abdominal fat
- Depression
- Increased risk of infection
- Lowered immunity, slower wound healing

Low Cortisol levels are more common in people with Chronic Fatigue Syndrome, Fibromyalgia, and Post-Traumatic Stress Disorder. Symptoms and signs include:

Y	N	Low tolerance/resistance to stress
Y	N	Depression in stressful situations
Y	N	Low blood sugar levels
Y	N	Fatigue
Y	N	Allergies
Y	N	Arthritis / rheumatic pains
Y	N	Low blood pressure
Y	N	Lack of appetite
Y	N	Drowsiness
Y	N	Sugar, salt, spicy food cravings

\*\*\* Y = Yes N = No

**HOW DID YOU GO?** If you experience 4 or more of these symptoms/signs, then your adrenals may need help. There are many herbal, nutritional, and supplemental options that can restore your adrenal function, and help your body return to a more relaxed state of functioning.

Ask us how... 02 9501 0326 or [christine@healthinourhands.com.au](mailto:christine@healthinourhands.com.au).

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