



Self 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:

1. Impaired cognitive (brain) performance
2. Suppressed thyroid function
3. Blood sugar imbalances
4. Decreased bone density
5. Decreased muscle tissue
6. Higher blood pressure
7. Lowered immunity, slower wound healing
8. Increased abdominal fat
9. Depression
10. Increased risk of infection

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

Symptoms and signs include:

1. Low tolerance/resistance to stress
2. Depression in stressful situations
3. Low blood sugar levels
4. Fatigue
5. Allergies
6. Arthritis/ rheumatic pains
7. Low blood pressure
8. Lack of appetite
9. Drowsiness
10. Sugar, salt, spicy food cravings

If you are experiencing some of the above problems, 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

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