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Why your CORTISOL  
levels are  
vital...



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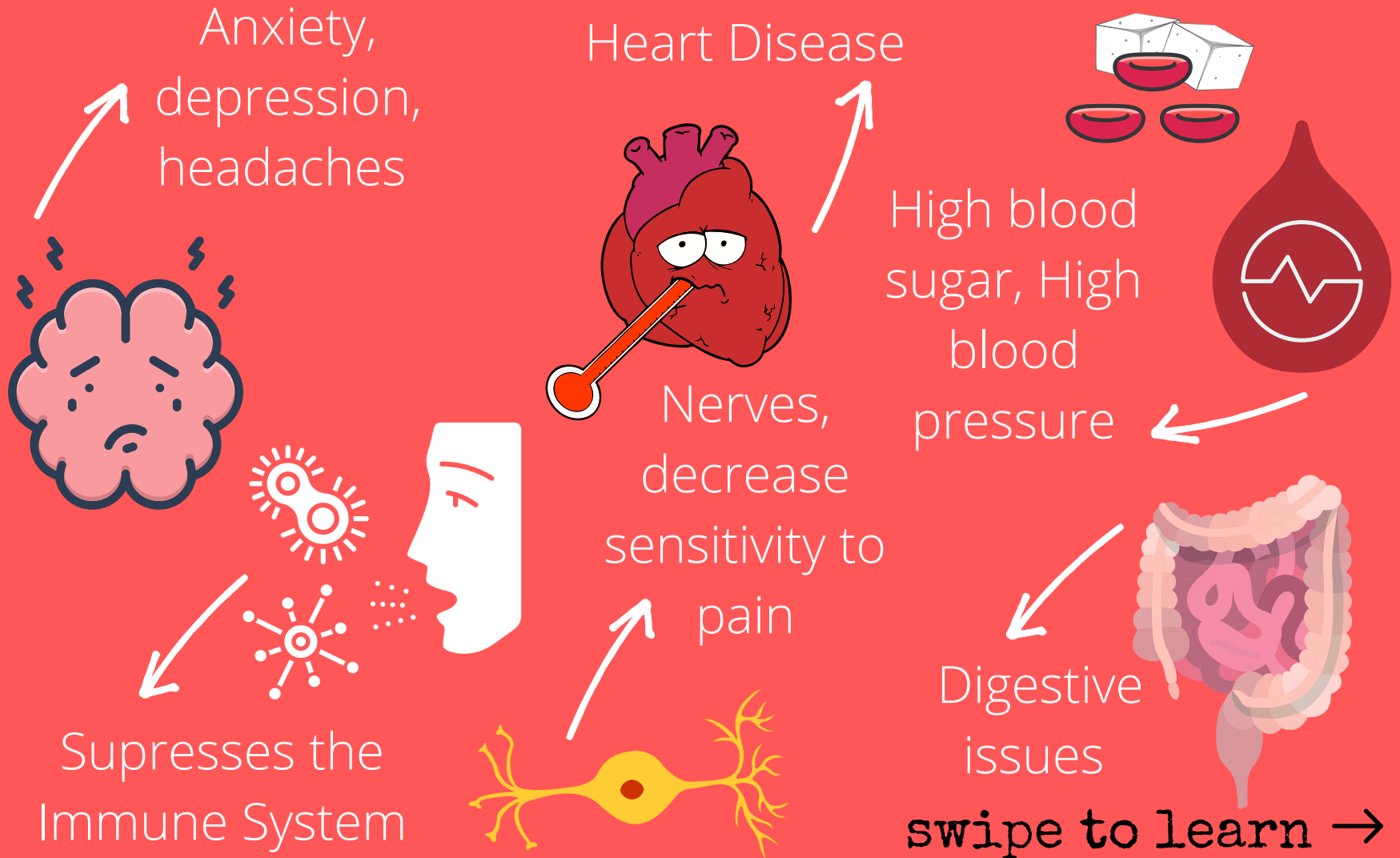
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# CORTISOL,



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# The stress Hormone..



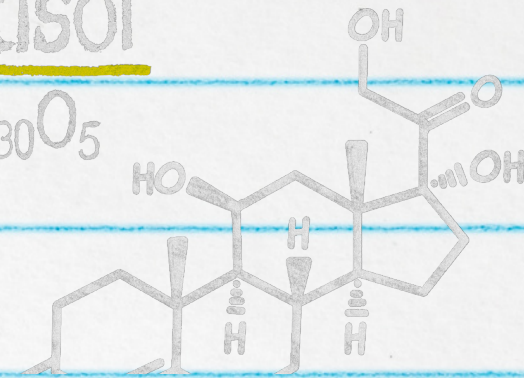
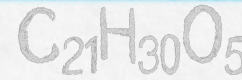
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CORTISOL is a steroid hormone, made in the cortex of the adrenal glands and then released into the blood...

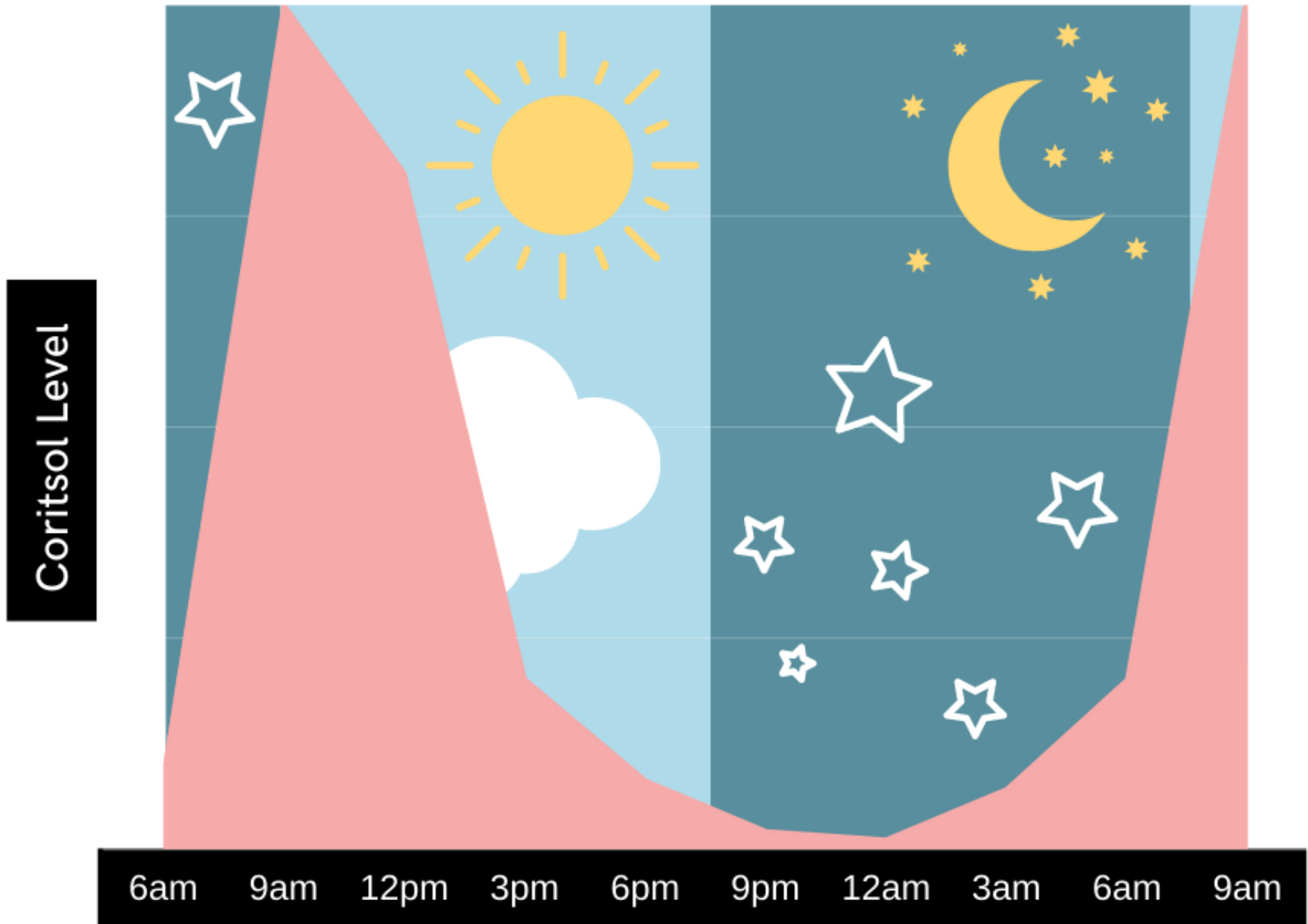
Cortisol



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# Cortisol Circadian Rhythm

*Daily Cortisol Cycles*



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CORTISOL levels in your blood will vary throughout the day, however, are known to be higher in the morning when we wake up...



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CORTISOL levels  
fall throughout  
the day which is  
called the DIURNAL  
RHYTHM. People that  
work at night, have  
a pattern that is  
reversed...



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When we are healthy  
physically and  
mentally, natural  
levels of CORTISOL  
pulse up and down...

- giving us motivation
- regulating blood pressure
- aiding in healthy digestion
- and we are more aware of  
danger

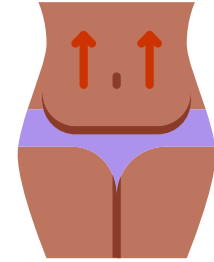
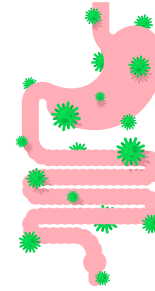
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# CORTISOL, Negative effects on the body

- Digestive issues

Stress offsets the healthy bacteria in our gut



- Weight fluctuation

Stress often activates cortisol due to digestion being off, increasing fat deposits and weight gain

- Increase wrinkles

Too much stress over time creates more cortisol in the body that may affect our skin's appearance

- Dull skin/acne

Dull skin is due to less circulation to the skin Acne is caused when cortisol releases more oil during stress



- Decrease immune system

Due to being in fight or flight mode



- Trouble sleeping

The higher the cortisol, the more likely you'll feel restless.



- Change in thirst

Wanting more water than usual is a side affect to CORTISOL levels





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Additional CORTISOL  
is released when  
your body needs  
help responding to  
stress more  
appropriately . . . .



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CORTISOL is triggered when our brain identifies a threat to our safety. This is flight or flight mode and it is vital for keeping us alive, safe and healthy.

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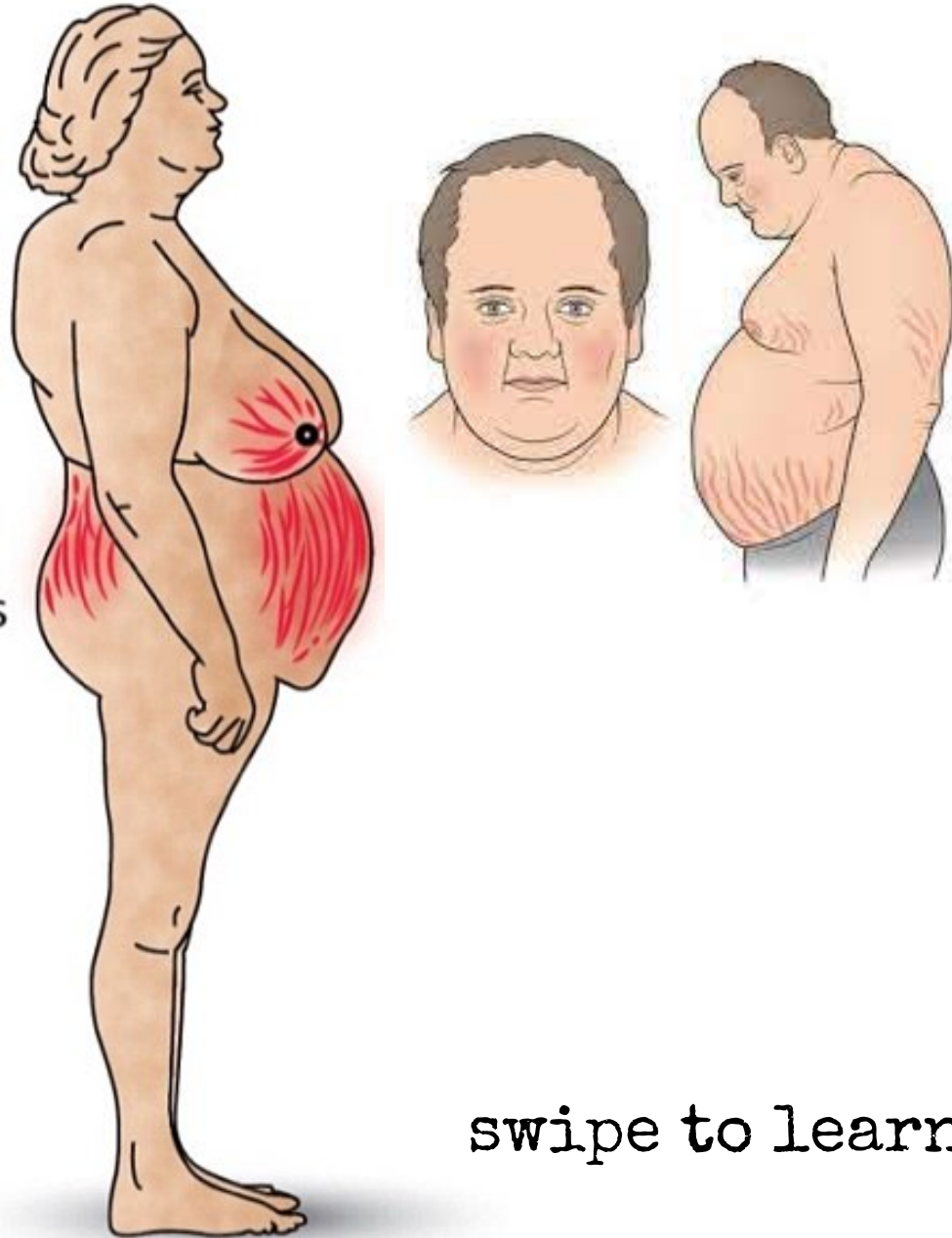
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We are NOT meant to  
live in Fight or  
Flight mode. Having  
that continual  
release of CORTISOL  
can cause gradual  
damage mentally and  
physically...

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# Identifying Cushing's Disease

1. Upper body obesity with thin arms and legs
2. Buffalo hump
3. Red, round face
4. High blood sugar
5. High blood pressure
6. Vertigo
7. Blurry vision
8. Acne
9. Female balding
10. Water retention
11. Menstrual irregularities
12. Thin skin and bruising
13. Purple striae
14. Poor wound healing
15. Hirsutism
16. Severe depression
17. Cognitive difficulties
18. Emotional instability
19. Sleep disorders
20. Fatigue



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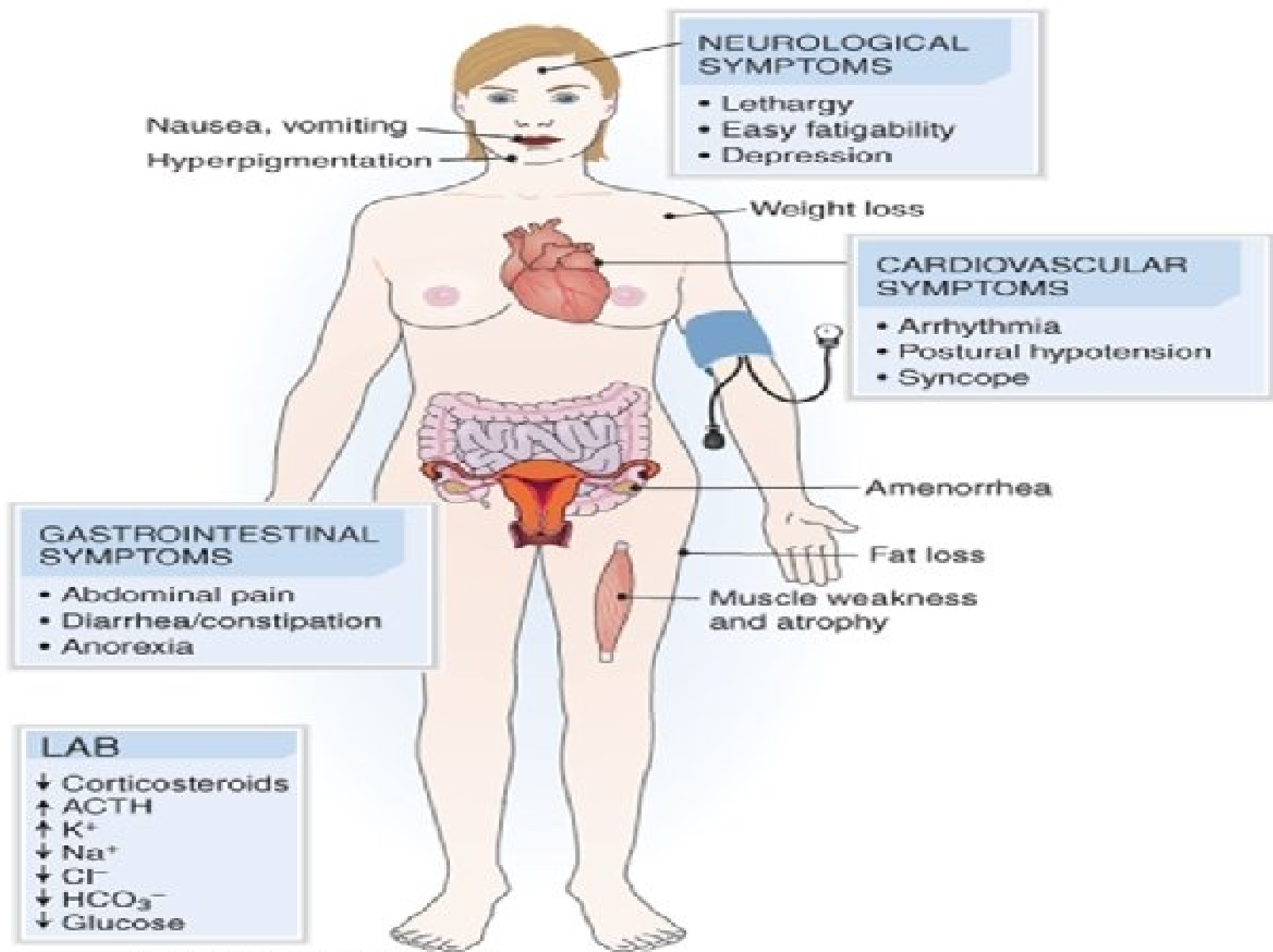
Access CORTISOL over a prolonged period of time may result in a condition called CUSHING'S syndrome/disease . . .



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# Adrenal insufficiency (Addison's disease)



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Decreased CORTISOL  
can be a sign that  
there is a problem in  
the pituitary gland  
or adrenal gland,  
known as ADDISSION'S  
disease. Symptoms are  
often gradual...

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Seek urgent assessment by a specialist, if suspected. Without proper attention and treatment, CUSHING'S and ADDISSION'S can be a severe condition.

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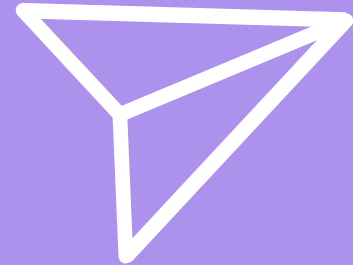


# Tips on Balancing your CORTISOL Levels

1. Lowering stress.
2. Eating a good diet
3. Sleeping well
4. Trying relaxation techniques/ Pray More
5. Taking up a hobby/ self care activities
6. Read More
7. Laughing and having fun
8. Exercising
9. Avoiding caffeine at night
10. Maintaining a good bedtime routine
11. Having good relationships
12. Taking supplements

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