

CORTISOL:

YOUR HORMONE MAKEOVER GUIDE

Welcome to an essential component of your Hormone Makeover journey - understanding cortisol. Often referred to as the “stress hormone,” cortisol plays a crucial role in your body’s stress response, metabolism, and overall health. As you progress through your Hormone Makeover, recognizing the signs of cortisol imbalance and understanding its functions will help you achieve optimal hormonal health and well-being.

SYMPTOMS OF LOW CORTISOL:

- Extreme fatigue
- Weakness
- Low blood pressure
- Dizziness upon standing
- Craving for salty foods
- Nausea, vomiting, or diarrhea
- Unexplained weight loss
- Muscle or joint pain
- Depression or mood swings
- Difficulty concentrating
- Dark patches of skin (hyperpigmentation)

SYMPTOMS OF EXCESS CORTISOL:

- Weight gain, especially around the midsection
- “Buffalo hump” (fat deposit between the shoulders)
- Round, puffy face (“moon face”)
- Thin, fragile skin that bruises easily
- Slow wound healing
- Acne
- Muscle weakness
- High blood pressure

BENEFITS AND FUNCTIONS OF CORTISOL:

- Regulates stress response
- Manages blood sugar levels
- Regulates metabolism
- Reduces inflammation
- Aids in memory formation
- Helps control blood pressure
- Supports fetal development during pregnancy
- Assists in waking and sleep cycles

IMPORTANT NOTES:

- Cortisol levels naturally fluctuate throughout the day, typically highest in the morning and lowest at night
- Chronic stress can lead to persistently elevated cortisol levels
- Both high and low cortisol can significantly impact other hormones and overall health

USAGE AND SAFETY GUIDELINES:

- Cortisol levels are typically measured through saliva or blood tests
- Treatment for cortisol imbalance depends on the underlying cause and may include lifestyle changes, supplements, or medications
- Never attempt to self-treat cortisol imbalances without professional guidance
- Common protocols may include cortisol reduction supplements like phosphatidylserine or cortisol regulating adaptogenic formulas. Low cortisol may require adrenal glandular formulas or possible hydrocortisone replacement temporarily.

LIFESTYLE FACTORS:

- Practice stress management techniques like meditation, yoga, or deep breathing exercises
- Maintain a regular sleep schedule
- Engage in regular physical activity, but avoid overtraining
- Eat a balanced diet rich in whole foods and low in processed foods
- Limit caffeine and alcohol intake
- Stay hydrated

Remember, your Hormone Makeover is a personalized journey. Cortisol imbalances can significantly impact your overall hormonal health and well-being. Always consult with your healthcare provider about any symptoms or concerns, and never adjust your hormone therapy without professional guidance. Proper management of cortisol is key to achieving optimal hormonal balance and overall health.

ADDITIONAL NOTES:
