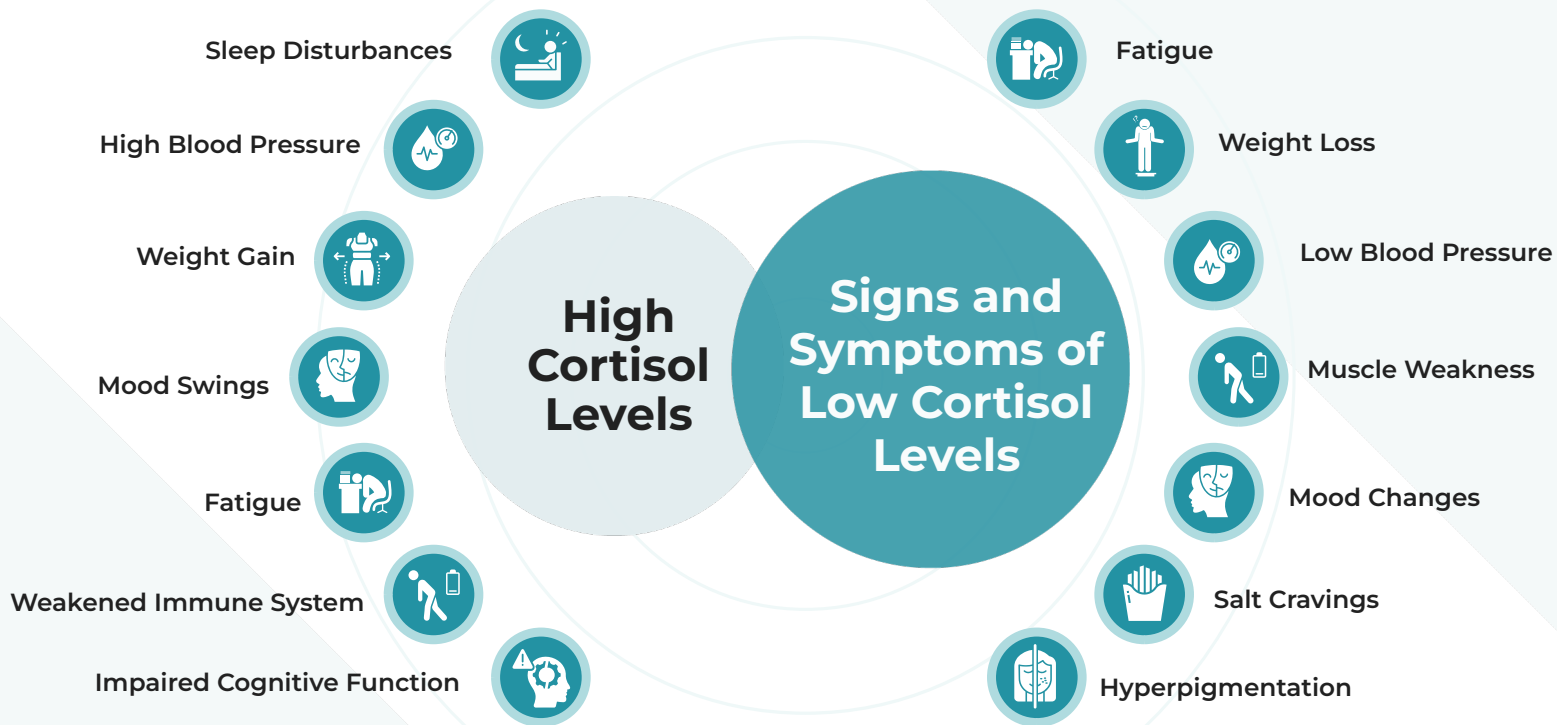


Cortisol Symptoms

When cortisol levels remain elevated over an extended period, it can lead to various health problems. High cortisol levels, sometimes referred to as Cushing's syndrome in extreme cases while low cortisol levels, often associated with conditions like Addison's disease or adrenal insufficiency, can be equally concerning.



INS LifeGuard



Strategies to Manage Cortisol Levels

Whether you're dealing with high or low cortisol levels, managing this hormone effectively is key to maintaining good health. Here are some strategies that can help:



Regular Exercise

Helps reduce cortisol levels but avoid excessive exercise, as it can actually increase cortisol production.



Healthy Diet

A balanced diet rich in fruits, vegetables, lean proteins, and whole grains supports adrenal function.



Sleep Hygiene

Prioritise getting 7-9 hours of quality sleep each night.



Stress Management Techniques

Incorporating stress-relief practices like yoga, meditation, and deep breathing exercises.

Staying well-hydrated is essential for supporting overall bodily functions, including adrenal health.

Seek Professional Help

Consulting a healthcare professional is important for proper testing and treatment.

Cortisol imbalances can be hard to spot on your own, knowing the signs is the first step. With INS LifeGuard's 24/7 monitored personal alarms and nurse-on-call emergency response, help is always within reach, backed by 40+ years of experience.