

CORTISOL

THE STRESS HORMONE



Cortisol is a vital hormone produced by your adrenal glands. It helps regulate stress response, metabolism, immune function, and energy. When cortisol becomes imbalanced—either too high or too low—your body and mind feel it.

SYMPTOMS OF CORTISOL IMBALANCE



HIGH CORTISOL



- Anxiety/Irritability



- Insomnia



- Hot flashes



- Brain Fog



- Sugar cravings



- Weight gain



- Fatigue "Tired but Wired"



- High blood sugar/Insulin resistance



- IBS Symptoms



- Low Libido/Vaginal Dryness



- Low Progesterone & DHEA



LOW CORTISOL "ADRENAL FATIGUE"



- Fatigue / Exhaustion



- Depression



- Increased sleep but nighttime waking



- Low DHEA and Sex Hormones



- Early Menopause/
Menstrual irregularity



- Orthostatic hypotension
(dizziness upon standing)



- Poor concentration



- Very low libido



- Low sex & thyroid hormones

FACTORS THAT CONTRIBUTE TO ADRENAL DYSFUNCTION



Rule out Cushing's / Addison's



Excess alcohol / Caffeine / nicotine or other stimulants



HRT – Oral contraceptives especially reduce free testosterone & progesterone



Medications – steroids, anticonvulsants, ADHD meds



Excessive exercise



Chronic emotional stress, poor sleep, etc.



Emotional trauma



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*Your Health.
Your Balance.*

