

Adrenal Dysfunction

Cortisol is a hormone secreted by your adrenal glands. It is helpful in times of stress with a heightened state of arousal. Normally, cortisol levels quickly return to normal after a period of stress. Unfortunately, in our society, chronic stress can be the norm. It leads to abnormally high levels of cortisol around the clock. This problem is thought to play a role in Post-Traumatic Stress Disorder and anxiety disorders. Changing the diet, incorporating exercise and stress reduction can bring cortisol levels back to normal and alleviate symptoms. If the body is exposed to high cortisol states for a prolonged period of time, your adrenal production of cortisol can become insufficient. This can lead to chronic fatigue syndrome. Making changes in diet with small frequent meals, avoiding stimulants like caffeine and refined carbohydrates like sugar, white flour, bread and high fructose corn syrup can help support normal adrenal function. There are many supplements to help reduce or increase cortisol production depending on what stage of adrenal dysfunction you are experiencing. Stress reduction, exercise and adequate sleep are imperative for adrenal health.

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