

You Can Find A Better Way to Better Health and Optimal Aging!



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



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Does Stress Impact Hormone Health? (Hint: It Does!)

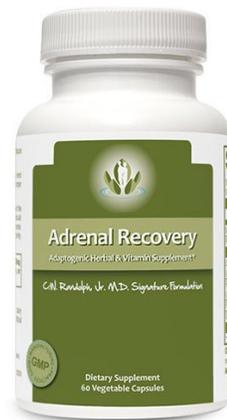
When your brain perceives a threat -- seeing your toddler reach for a hot pan, or sensing the car in front of you swerve suddenly -- your adrenal glands pump out a hormone called "adrenaline." Adrenaline, often called the "fight-or-flight" hormone, quickly signals your stored fat cells to release energy for

dealing with the short-term threat. This energy rush is supposed to recede when the stressful or threatening event is over. However, when the body experiences chronic stress, this healthy process does not work as intended. **Chronic stress is defined as "stress that lasts for more than three months," and it can upset your hormone balance at any age.** Instead of pumping out more adrenaline, chronic stress causes the adrenal glands to secrete more of a hormone called "cortisol," sometimes called the "stress hormone." Cortisol's job is to regulate your body's functions in response to stress. Cortisol levels initially rise in response to a stressful event - but if stress is ongoing, the adrenal glands become exhausted trying to produce elevated amounts, and eventually they are unable to produce even normal amounts. When cortisol levels remain too high or too low for an extended period of time, the disequilibrium wreaks havoc on the body. **LEARN MORE** about how chronic stress impacts your hormone levels - plus how you can heal your

body and manage stress in the future.

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