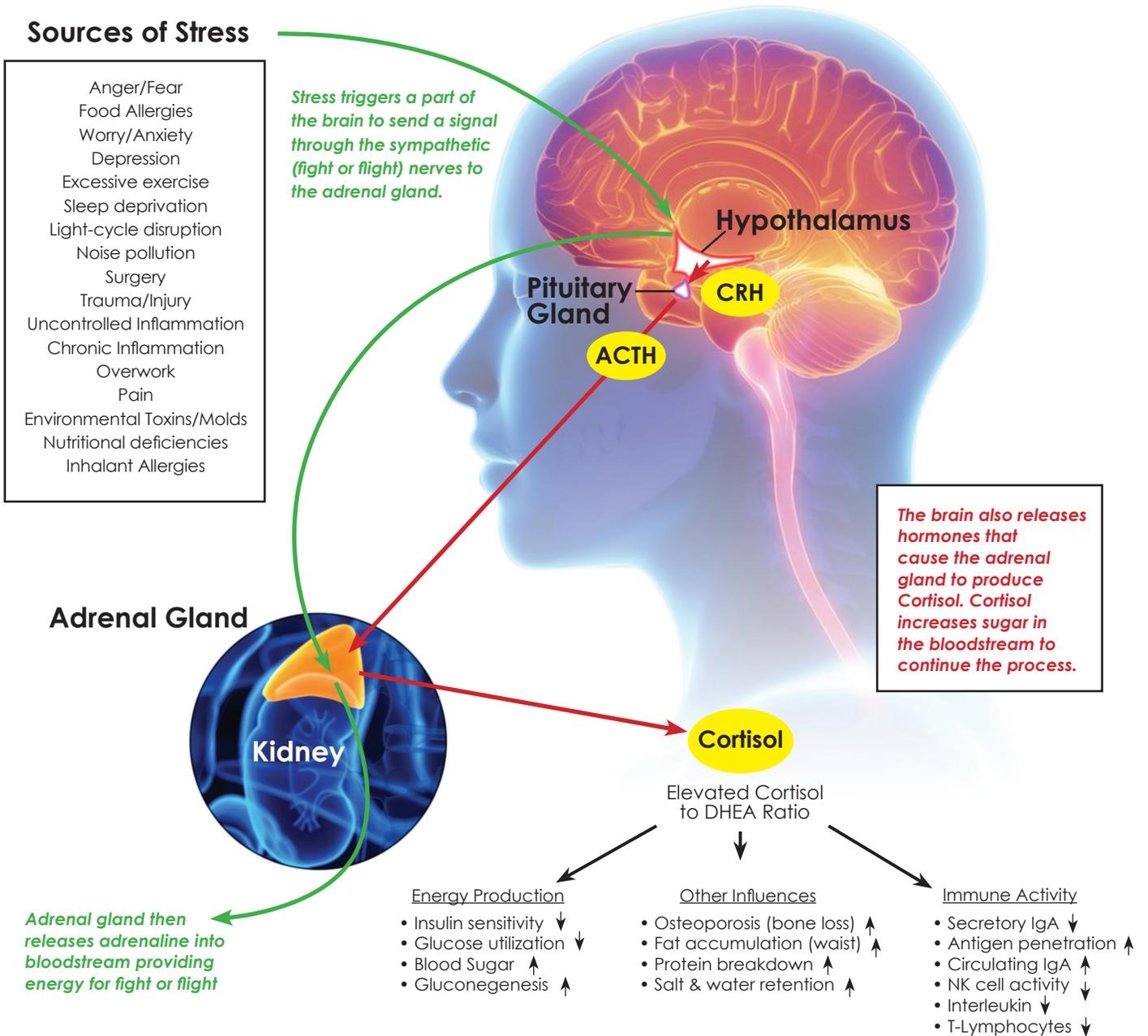


# CHRONIC STRESS RESPONSE



Prolonged stress leads to hyperstimulation of the adrenal glands. Persistent elevation of adrenaline and cortisol will eventually feed back to the brain. When the brain becomes overloaded enough with cortisol it will 'shut down' (**hypocortisolism**). This vicious cycle leads to a whole host of problems can contribute to the breakdown of hormone, immune and metabolic systems.

The first step in reversing **hypocortisolism** is to identify the sources of chronic stress. Exercises that elicit the relaxation response, hormonal supplements and nutritional support, along with physical activity and social support can also help counter the stress response.

