Studies show excessive cortisol levels can cause abdominal obesity, high blood sugar, bone loss, immune shutdown, thin wrinkled skin and more.

Stress has been called the invisible enemy that knows no boundaries. Whether you’re young or old, rich or poor, male or female, stress is an inevitable part of most of our lives.

Whenever a person experiences something as stressful the brain triggers a chain reaction that ultimately causes the release of the hormone cortisol into the bloodstream. If the stresses in our life are only occasional, and if we take proper time to rest after stressful events, then the occasional release of cortisol would not be a problem. Unfortunately, the typical modern American lifestyle is anything but occasionally stressful. Combine everyday stress with poor rest and inadequate nutrition, and you’ve got a recipe for excessive cortisol levels.

According to studies too much cortisol causes abdominal obesity, high blood sugar (“adrenal diabetes”), muscle wasting, bone loss, immune shutdown, brain atrophy, thin wrinkled skin, fluid retention and high blood pressure. Excessive cortisol frequently leads to increased fatigue, irritability, impaired memory, decreased libido and insomnia among others.

Anti-Cortisol Supplements

Recent studies have found that several supplements can dramatically reduce cortisol levels thereby helping people to lose weight, lower blood sugar and generally feel better.

Holy Basil, known as Ocimum Sanctum in Latin, has for thousands of years been revered as “Tulsi” in Ayurvedic medicine. In addition to reducing cortisol, researchers have determined that Holy Basil’s “active” molecules include potent COX-2 inhibiting anti-inflammatories as well.

Recent studies found Relora®, a patented extract of Magnolia officinalis and Phellodendron amurense, effective in controlling stress-induced symptoms, such as depression, anxiety and irritability. In a second clinical trial, researchers noted a 76% decrease in stress-induced overeating.

References: