

THRIVING TIMES; Your Health and Wellness Dispatch

April 2024 – STRESS AWARENESS MONTH



Male or female, we ALL have hormones and can all be impacted by stress. I invite you to read my short April health and wellness dispatch for a deeper insight in to the connection.

"Hormones Unchained: The Surprising Ways Stress Weaves Into Our Vital Health"

Hormones are like tiny messengers in our bodies, keeping everything in harmony. They're made by special glands, released into our bloodstream, and travel to specific organs, where they regulate important functions like growth, metabolism, mood, and reproduction.

They don't work alone though. Instead, they interact in a carefully coordinated dance to keep us balanced.

But sometimes, when we're really stressed, our body can focus too much on making cortisol, the main stress hormone. This can throw off the balance of other hormones, causing what's known as "cortisol steal" or "pregnenolone steal."

In this newsletter, I'll explore what cortisol steal is, how stress hormones mess with our hormone balance, and what it means for our health. It's a fascinating topic that shows just how interconnected our hormones are and how stress can impact our bodies in big ways.

1. What is Cortisol and Hormonal Balance?

Cortisol, often called the "stress hormone," helps our bodies deal with stress. But too much stress can mess up the balance of other important hormones.

2. The Role of Pregnenolone in Hormones

Pregnenolone is like the boss hormone—it helps make other hormones like Estrogen and testosterone.

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3. Cortisol Steal: When Stress Hormones Take Over

When we're super stressed, our bodies pump out more cortisol, leaving less pregnenolone to make other hormones. This can cause problems like irregular periods in women and low energy for us all.

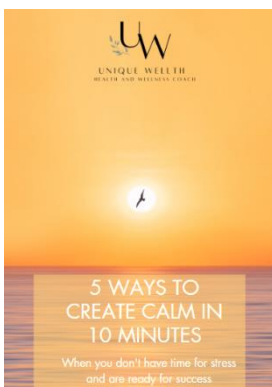
4. How Cortisol Steal Affects Our Health

- Reproductive Hormones, these mess with menstrual cycles and fertility.
- Thyroid Hormones, which can lead to thyroid issues.
- DHEA (which is needed for the sex hormones) and Testosterone, will affect energy, libido, and muscle.
- Progesterone and Estrogen, these will cause problems like PMS and menopause symptoms.

5. Managing Cortisol Steal and Hormonal Balance

- Stress Management: Relaxation techniques like meditation and yoga can lower cortisol.
- Sleep: Getting enough rest is crucial for hormone balance.
- Diet: Eating healthy helps keep hormones in check.
- Exercise: Regular activity reduces stress and promotes hormonal health.
- Professional Help: Talk to a doctor if you're worried about your hormones.

Cortisol steal shows how stress messes with our hormones and our health. By managing stress and taking care of ourselves, we can keep our hormones in harmony and stay healthy. It's all about finding balance and taking a holistic approach to our well-being.



You will have this e-book and I invite you to link with me on Facebook as I launch this 7 day stress reduction challenge, if you're not on FB feel free to set yourself a challenge and let me know how you got on.

Wishing you a healthy and stress free April.



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