

# CORTISOL

## The Anti-Stress Hormone

by **dr. lisa hunt**

photo by **dawn kelly photography**

**C**ortisol is one of our major hormones vital to life. We, as human beings, can't live without it! Cortisol is secreted by the adrenal gland which is a walnut-sized gland that sits just above the kidneys.

Increased cortisol levels plague people who thrive on stress. High cortisol is a sign that your adrenals are overstressed and can lead to decreased sleep and weight gain. The weight gain seen with high cortisol levels is secondary to insulin resistance. When the body becomes insulin resistant, it converts sugars/carbohydrates into fat rather than burning them as fuel.

Chronically elevated cortisol levels wear down our immune system and make us less able to fight off infections. This is why stressed

out individuals are more likely to develop colds, flus, shingles, etc. As we age, our cortisol levels decline. This, in conjunction with chronic stress (psychological or physical), can lead to adrenal fatigue.

The body naturally makes 20 to 30 milligrams of cortisol per day. The most accurate way to assess cortisol levels is with saliva samples. Other functions of cortisol include: stimulated appetite, boosted energy levels, improved digestion, eased movement in the joints, eased inflammation and pain, and an enhanced immune system. When cortisol is balanced, it actually functions as the "Anti-Stress Hormone." Therefore, it is very important to manage our stress. ■

*For more information on cortisol, please contact Valley Wellness Center at 209-577-2799 or visit [valleywellnesscenter.com](http://valleywellnesscenter.com).*

*Dr. Lisa Hunt*

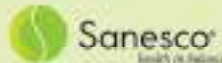


Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

### ARE YOU SUFFERING FROM CHRONIC SYMPTOMS SUCH AS...

- Depression or Insomnia?
- Weight Gain or Cravings?
- Hot Flashes or Anxiety?
- Fatigue or Irritability?

### NOW THERE IS HOPE!



**Dr. Lisa Hunt of Valley Wellness Center can help!**

Many chronic symptoms and diseases share a common root. They can begin from imbalances in the body's messengers: the neurotransmitters and hormones. The Communication System Management™ model, a revolutionary, non-drug approach to addressing chronic symptoms by Sanesco, offers a safe, natural and effective approach to balancing your health.

The CSM model targets the root cause, rather than the symptoms. Because the underlying imbalances are being addressed, your symptoms are alleviated through restoring the body's natural balance, which translates to pro-activity in prevention of symptoms and disease. Call Valley Wellness Center today to schedule your personalized health screen.

*Valley Wellness*  
C•E•N•T•E•R

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