

## HORMONE RESET PROGRAM

With: Sara Gottfried, MD

### About Cortisol and the Adrenal Glands

Cortisol, your “stress hormone”, is produced by the adrenal glands, which are pyramid-shaped endocrine organs sitting atop your kidneys. Cortisol does a few things, but its primary function is to raise blood glucose.

For example, during exercise (physical stress), cortisol helps ensure your blood maintains a certain level of glucose, which is necessary for the brain to function properly.

However, a problem arises when stress becomes chronic and cortisol is constantly being secreted. Nature did not prepare us to live in a state of constant stress, and our adrenals can only function properly for so long.

Furthermore, having constantly elevated cortisol elevates our blood glucose, which can cause our body to burn less fat. During exercise, the increased energy needs compensate for the any effects cortisol has on fat metabolism. Outside of exercise, high cortisol can cause excess fat deposition, particularly in the belly (under the abs).

Like other endocrine organs, the pituitary gland controls how much cortisol is secreted. It does this through another hormone called “corticotropin”. While it’s most important to focus on cortisol itself, problems with corticotropin secretion can also cause issues.

