

EFFECTS OF STRESS

↑ in cortisol production linked to weight gain, difficulty gaining muscle, and premature aging

↓ in nutrient absorption due to reduced gastrointestinal blood flow, digestive enzymes, flora, and bile flow

↑ in mineral depletion like calcium, magnesium, zinc, chromium, and other trace minerals

↓ in gut flora populations that can lead to skin disorders, immune and digestive challenges

↑ in sodium and fluid retention leading to higher blood pressure

↓ in growth hormone a key component for healing and rebuilding tissue, building muscle, and burning fat

↑ in LDL cholesterol levels that increase risk of heart disease and stroke

↓ in sex hormones lowering sex drive, energy, and muscle mass

↑ in inflammation which is the foundation for disease to be built off of