

# Adrenal Glands & Stress Hormones

The gateway to a cluster of symptoms including stress and anxiety, fatigue, disrupted sleep, weight imbalances and more...

## Adrenal Hormones

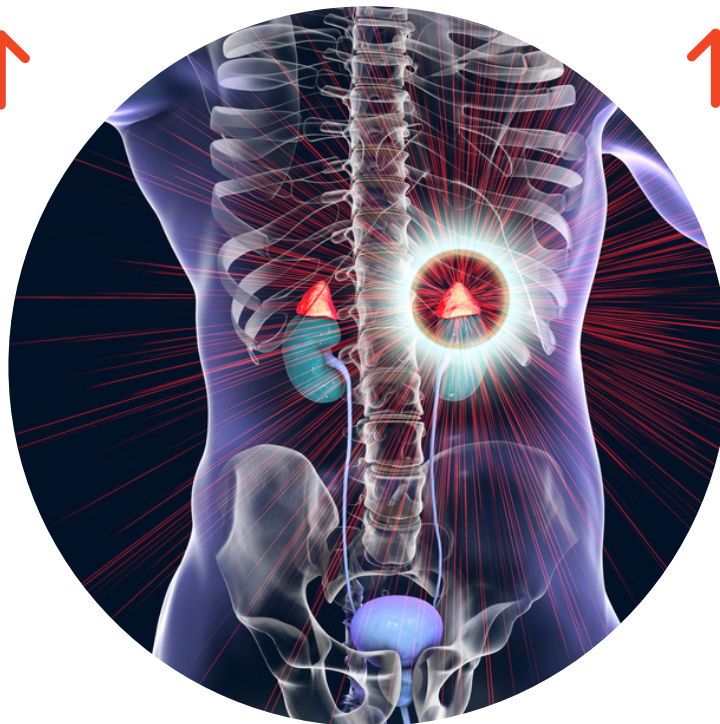
A finely-tuned protection system until it gets disrupted

The adrenal glands, located above the kidneys, are directly involved in regulating the body's stress response by secreting the steroid hormones adrenaline and cortisol. Hormones are chemical messengers that interact with each other in three ways; permissibly, synergistically and antagonistically, to control many metabolic processes. These two hormones act in unison to protect the body against short term stressors, often called the 'fight or flight response'. Once a perceived threat has passed, adrenalin and cortisol levels return to normal. The long-term activation of the stress response system, from psychological and mental stressors, and the overexposure to cortisol can disrupt almost all your body's processes. Cortisol curbs functions that would be nonessential or harmful in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. Over time, it triggers inflammation and puts you at increased risk of many health problems.

### Adrenalin



Adrenalin rapidly responds to stress by increasing your heart rate, elevating blood pressure to increase blood flow to the muscles and brain, and boosting energy supplies by helping to convert glycogen to glucose in the liver (glycogen is the liver's storage form of glucose.)



### Cortisol



Cortisol, the primary stress hormone, increases blood sugar levels (glucose) in the bloodstream and regulates metabolism. It enhances your brain's use of glucose and increases the availability of substances that repair tissues. It also regulates the inflammatory response, and immune function.

## Diet & Nutrition

Diet can play an important role in supporting adrenal hormones, moderating the nervous system response to stressors and reducing inflammation. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may be contributing to adrenal imbalances and will optimise the diet accordingly to restore balance.

