

UNDERSTANDING THE IMPORTANCE OF SALIVA CORTISOL TESTING



DIAGNOSE & MONITOR TREATMENT OF HORMONAL DISORDERS

When we know how the cortisol hormone impacts so many systems and functions in our bodies, it is easy to see how measuring, monitoring, and understanding these levels plays an essential role in living and aging well.

Measuring hormone levels is an important proactive step in understanding why your body may, or may not, be responding the way it is in certain situations. This data further supports positive, ongoing health maintenance decisions and therapy options.

- Cortisol helps the body respond to stress.
- Cortisol regulates blood sugar levels and supports immunity.
- Cortisol influences weight management, weight gain, and high blood pressure.

BENEFITS OF MEASURING CORTISOL USING SALIVA

- Saliva is an easy, noninvasive, and an accurate way to provide a good “snap shot” of hormone production throughout the day.
- Saliva testing reports the levels of active hormone available for bodily use.
- Cortisol levels change throughout the day and can increase because of stress.
- The levels are highest from 6 to 8 AM and lowest around midnight.

EFFECTS OF EXCESS CORTISOL ON THE BODY

Stress comes in many forms: mental, physiological, and environmental, but all forms of stress can generate a physiological response. The capacity to handle daily stress is influenced by factors that strain body systems, such as: allergies, environmental pollutants, infections, sleep deprivation, and mental illnesses.

Physical and emotional stress cause cortisol to be released from the adrenal glands. Cortisol helps the body respond to stress by increasing glucose metabolism for quick energy, decreasing immune response, and stimulating a cascade of other hormones.¹¹

Contemporary life provides little time for people to allow their bodies to recover from stress. Chronic stress impacts cardiovascular health, reproduction, mental health, and increases cancer risk.

WHY CORTISOL LEVELS MATTER

Neurodegenerative Disorder, Stress, & Mood^{1,2}

Cortisol works with the brain to help regulate motivation, fight-or-flight responses, and moods. Chronic high cortisol is a major risk factor associated with several neurodegenerative disorders, dementia, and cognitive dysfunction.

Cardiovascular Disease & Metabolism^{3,4,5}

Long-term consistent stress affects all the cardiac risk factors, such as blood pressure, triglycerides, and glucose, leading to atherosclerosis. Cortisol regulates the metabolism by breaking down fat for energy.

Oncology^{6,7}

Chronic stress increases the production of certain growth factors and blood flow, which accelerates cancerous tumor formation.

Anti-Inflammatory⁸

Cortisol prevents the release of substances in the body that cause inflammation.

Blood Sugar & Diabetes^{9,10}

Elevated cortisol levels over the long term spike the production of glucose, increasing the risk of type 2 diabetes. Cortisol affects blood sugar levels by adding glucose to the blood in stressful situations.

EFFECTS ASSOCIATED WITH EXCESS CORTISOL

Chronic elevated cortisol has been linked to:

Hypertension

Decreased Metabolism

Depression

Decreased Immune System

Hostility

Arthritis

Acid Reflux Disease

Hunger

Tunnel Vision

Chronic Fatigue

Migraines

Sleep Deprivation

BALANCED LEVELS VS. HIGH/LOW RISKS

Cortisol levels that stay within a healthy range support nearly every system in the body. When levels run chronically high or low, the effects can extend well beyond stress and energy, touching metabolic, reproductive, immune, and cognitive health.

BALANCED

- Laser focus
- Sharp memory
- Stronger libido
- Restorative sleep
- Less stress triggers
- Positive outlook, better mood
- Faster brain & body recovery
- Fast cognitive processing & recall
- More energy
- Anti-inflammatory & reduced allergic reactions
- Stronger bones & muscle
- Healthier hair, skin, & nails
- Increased immunity
- Well-functioning metabolism
- Regular periods
- Balanced sex hormones
- Healthy production of testosterone & hGH
- Better balanced blood sugar

HIGH

- Brain fog
- Forgetfulness
- Low libido
- Insomnia
- Stress susceptibility
- Slower brain & body recovery
- Slow cognitive processing & recall
- Tiredness & fatigue
- Increased depression risk
- Bone loss & muscle weakness
- Thinning & weakened hair, skin, & nails
- Weakened immune system
- Irregular periods & infertility
- Weight gain
- Low testosterone & hGH
- Insulin resistance
- Malignant adrenal tumors
- Defeat of the pituitary gland
- Tumors that feed on hormonal failure
- Dysfunction of the ovaries & testes
- Disease of the thyroid gland
- Diabetes
- Severe obesity
- Alcoholism
- Polycystic ovaries
- Cushing's disease

LOW

- Defeat of the pituitary gland
- Addison's disease
- Defeat of the adrenal cortex
- Increase of thyroid hormones
- Prolonged use of drugs
- The use of medicines Levodopa & ephedrine

References

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