

# 5 REASONS YOU CAN'T LOSE WEIGHT

*(It's probably not what you think.)*



## #2> HIGH CORTISOL LEVELS

### *What does this mean?*

Cortisol is a **NATURAL STRESS HORMONE** in your body that regulates your metabolism. Your body releases cortisol when you are under stress (think fight or flight), which is great for survival but when present chronically, wreaks havoc on your metabolism. Cortisol is a catabolic hormone designed to increase glucose in the blood to use for action in fight or flight. In order to do this, it increases carbohydrate cravings and even breaks down muscles.



### *How to find out for sure...*

**TAKE A SALIVARY CORTISOL TEST.** This test looks at current levels of cortisol at different times throughout the day and gives insight into the current status of adrenal function. It provides valuable insight for those with chronic stress, fatigue, weight management concerns and insomnia.

### *How to make effective changes!*

WANT TO LEARN ABOUT YOUR STRESS & CORTISOL LEVELS?

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**FREE INQUIRY CALL**

Make 2023 the year you take control of your health!  
How can we help you achieve your goals?

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HEALTH

> **USE BIOFEEDBACK:** Biofeedback is a technique that trains you to improve your health by controlling certain bodily processes that normally happen involuntarily, such as heart rate and blood pressure. A biofeedback tool called HeartMath helps to reduce stress by focusing on breathing and emotions through your heart-brain connection.

> **EAT MINDFULLY:** Put down your devices and turn off the TV. Spend a few moments practicing deep breathing before you begin eating. Chew your food thoroughly and focus on the experience of eating.

> **GROUP EXERCISE:** The connections you make exercising with friends provides motivation, accountability and the connection to others that support your wellness goals.

*DISCLAIMER: It is important you consult your medical provider before making any changes to your health.*