The Effects of Stress On The Body

- **Increased cortisol production**: Associated with weight gain (especially in the belly), inability to lose weight or gain muscle, premature aging.

- **Decreased nutrient absorption**: Due to decreased enzymatic production from the stomach, pancreas and liver, decreased bile flow from gall bladder, decreased oxygenation and gastrointestinal blood flow.

- **Increased nutrient excretion**: Urinary loss of calcium, magnesium, potassium, zinc, chromium, selenium, and various microminerals.

- **Decreased gut flora populations**: Healthy intestinal bacteria are destroyed by stress, which can lead to immune problems, skin disorders, nutrient deficiencies, and digestive distress.

- **Increase in salt retention**: Can lead to high blood pressure.

- **Decrease in thermic efficiency**: Your ability to burn calories is diminished.

- **Decrease in thyroid hormone**: Can lead to a decrease in metabolic activity throughout the body.

- **Increase in blood cholesterol**: Stress by itself will raise LDL levels.

- **Increase in blood platelet aggregation**: A major risk factor in heart disease.

- **Decrease in sex hormones**: Can mean lower sex drive, low energy, decreased muscle mass.

- **Increase in inflammation**: The basis of many significant ailments, including brain and heart disease.

- **Increase in gastric emptying time**: Can lead to constipation; also a risk factor in diseases of the colon.

- **Decrease in gastric emptying time**: Can lead to diarrhea and larger food particles prematurely entering the small intestines, a probable factor in food allergies, sensitivities, and various disease conditions.

- **Increased swallowing rate**: A fast swallowing rate is a likely factor in digestive upset.

- **Increased food sensitivities and allergies**: Plenty of anecdotal evidence, most likely due to decreased immunity and leaky gut.
• Increased hydrochloric acid production: Increases probability of ulcers.

• Decrease in growth hormone: A key hormone in growing, healing and rebuilding body tissues; helps to burn fat and build muscle.

• Increase in insulin resistance: Chronic low-level stress may cause target cells to become unresponsive to insulin, a factor in diabetes, weight gain, heart disease and aging.

• Increase in erratic function of LES: Lower esophageal sphincter opens inappropriately, causing gastric reflux (also known as heartburn).

• Increase in oxidative stress: Prematurely ages the body; a precursor to numerous diseases.

• Increase in risk of osteoporosis: Bone density has been shown to decrease in stresses and depressed women; stress increases urinary excretion of calcium, magnesium and boron.

• Decrease in mitochondria: These are the energy powerhouses of the cell; when the number of these tiny cellular organelles are diminished, we literally produce less energy; can lead to chronic fatigue.