

Stress/Adrenal Hormones

Cortisol - slower action true steroid hormone needed for daily functioning of the body

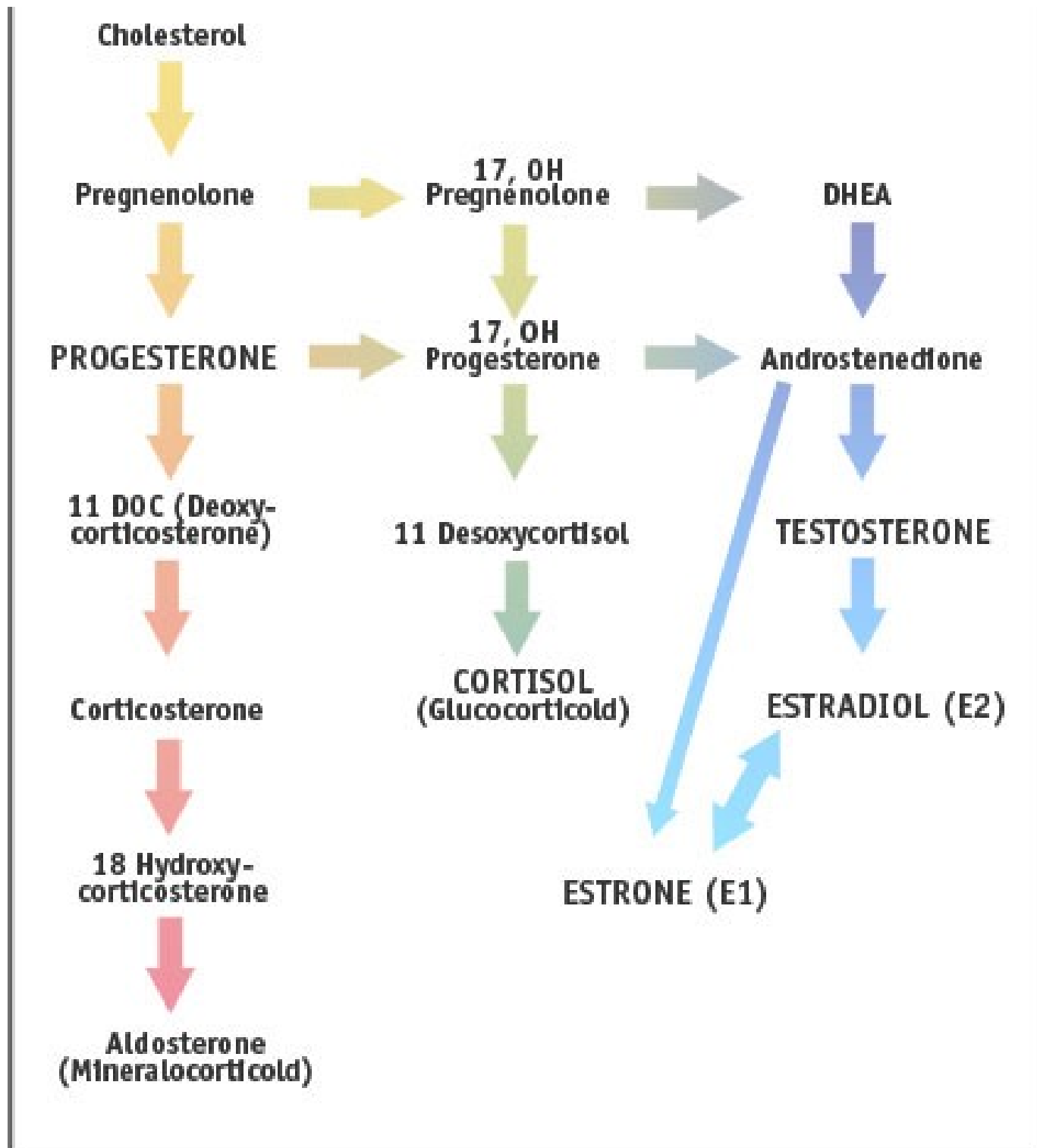
Adrenaline - hormone that can also act as a neurotransmitter, released in states of acute stress

Noradrenaline - neurotransmitter usually release along side adrenaline

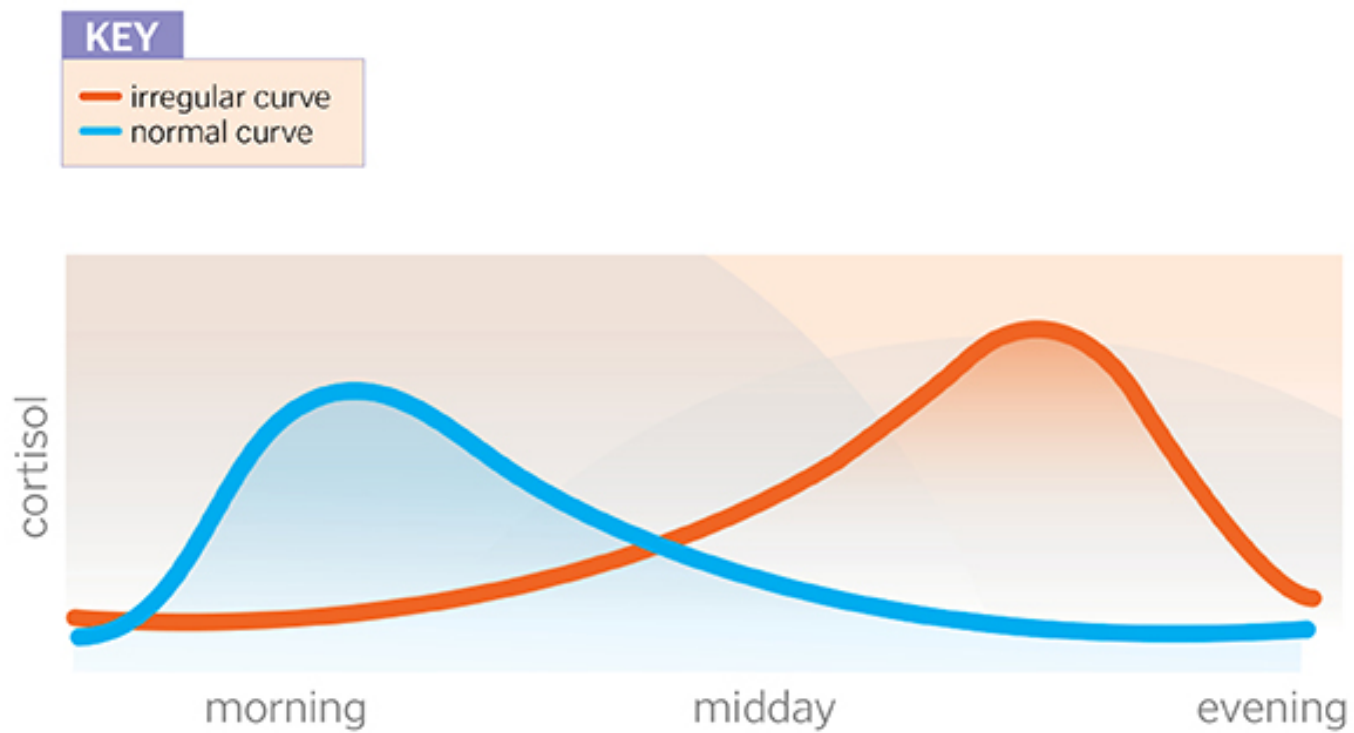
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Steroid Hormones



Cortisol fluctuations through the day



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Adrenaline is not usually tested, and if it was it would be done through an urine generally but sometimes through serum, it may be done if there is suspicion of growth of the adrenal glands.

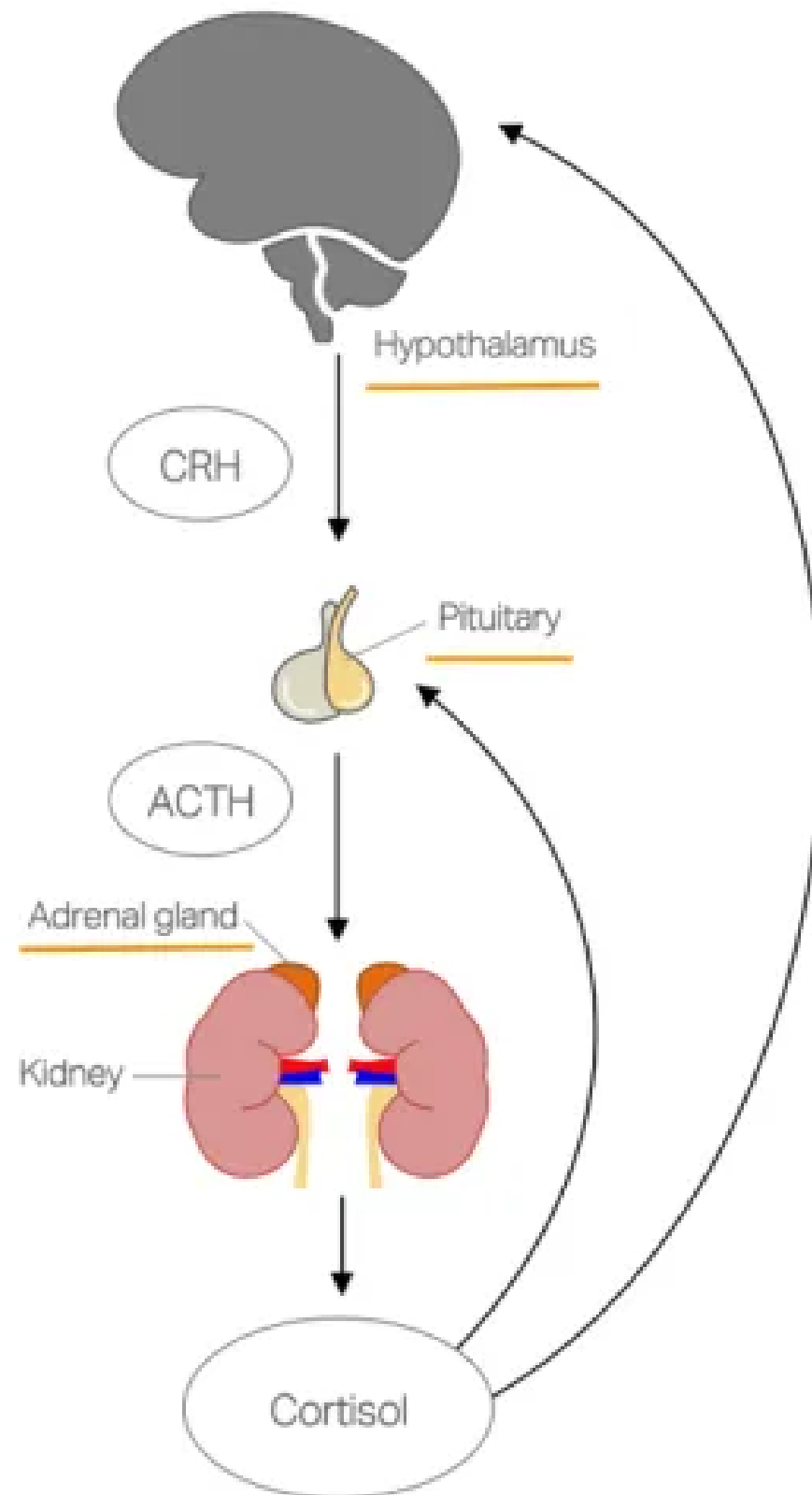
Testing

Cortisol is most accurately tested with saliva although it is sometimes done in a 24 hour urine collection, the latter doesn't show the fluctuations through the day. Generally good case taking can shed light although if you are a numbers person this test is very useful especially if you want to track differences in your progress.

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HPA axis



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HPA

HPG

Hypothalamus Revisiting the HPA/HPT/HPG axes

CRH

GnIH

GnRH



Pituitary

ACTH

Stimulation

LH FSH



Inhibition

**Adrenal
Hormone**

**Gonadal
Hormone**

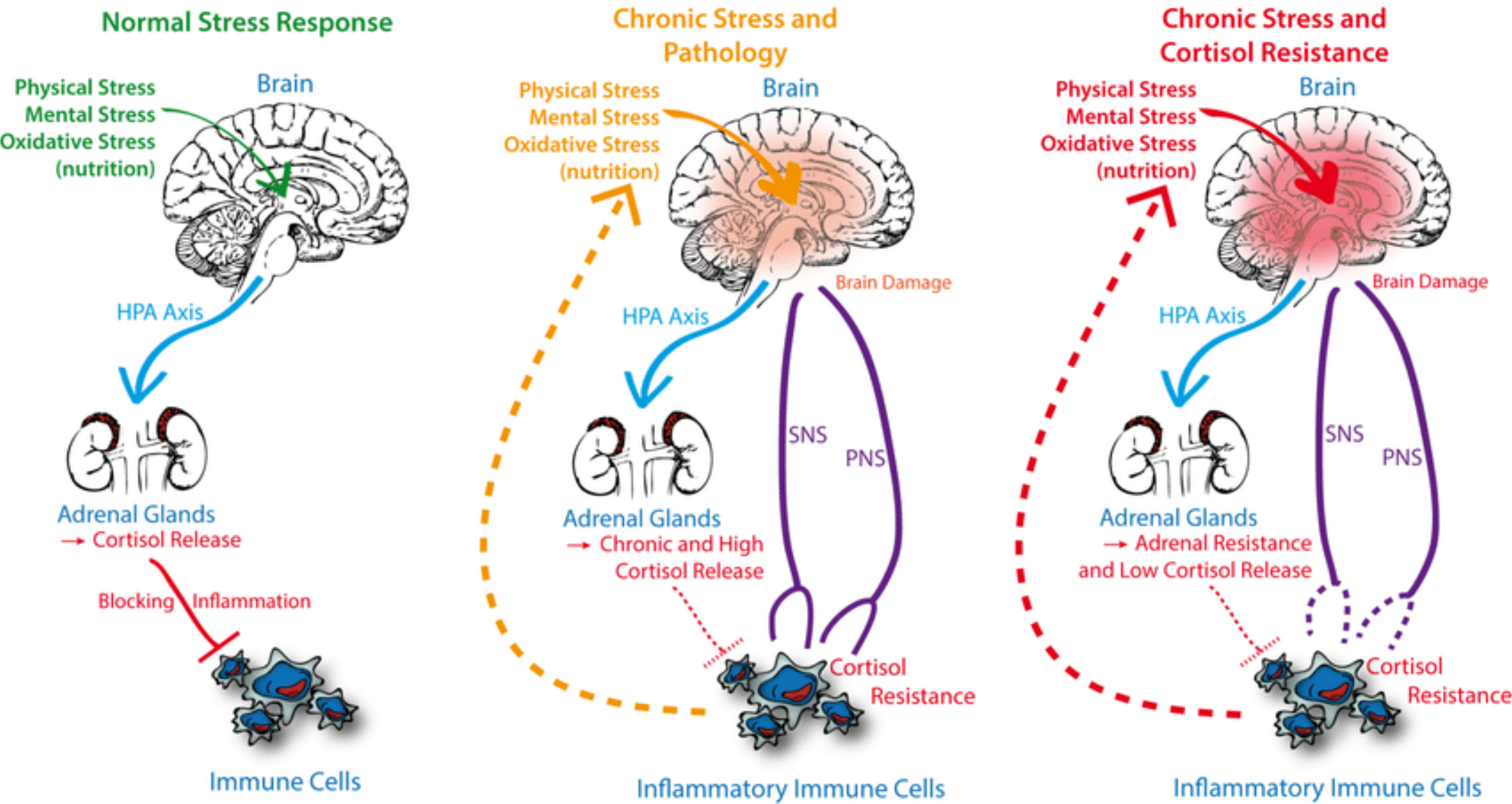


Stress

GC

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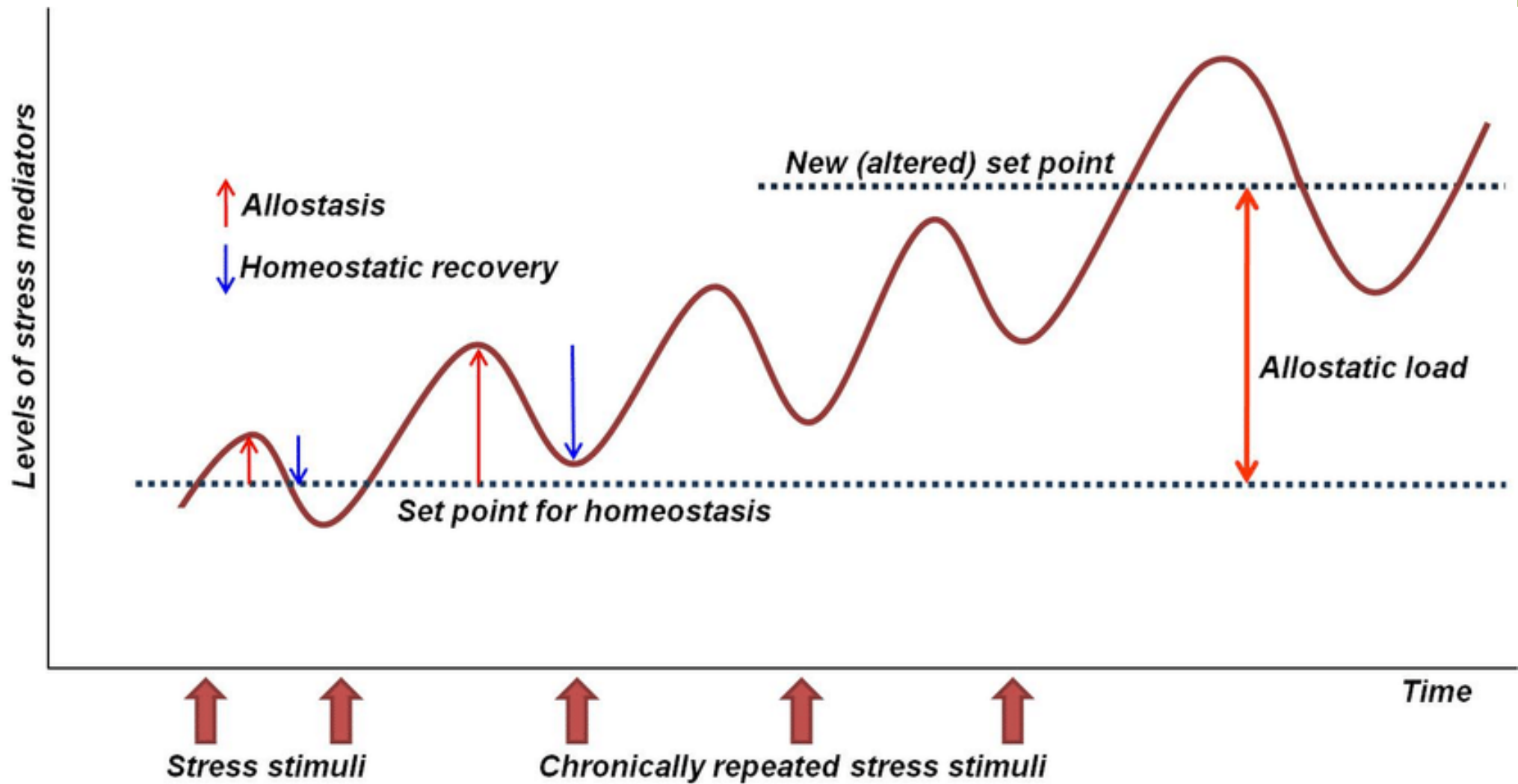
Cortisol resistance and inflammation



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Cortisol resistance homeostatic set points



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