



Keep your cortisol level low

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Keep your cortisol level low

Thread Modes



heilsa
Mega Super Poster



Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: **20**

07-02-2015, 05:54 PM

#1

Quote:

Cortisol is an important hormone in the body, secreted by the adrenal glands and involved in the following functions and more:

- Proper glucose **metabolism**
- Regulation of blood pressure
- Insulin release for blood sugar maintenance
- Immune function
- Inflammatory response

Normally, it's present in the body at higher levels in the morning, and at its lowest at night. Although stress isn't the only reason that cortisol is secreted into the bloodstream, it has been termed "**the stress hormone**" because it's also secreted in higher levels during the body's '**fight or flight**' response to stress, and is responsible for several stress-related changes in the body. Small increases of cortisol have some positive effects:

- A quick burst of energy for survival reasons
- Heightened memory functions
- A burst of increased immunity
- Lower sensitivity to pain
- Helps maintain homeostasis in the body

Higher and more prolonged levels of cortisol in the bloodstream (like those associated with **chronic stress**) have been shown to have negative effects, such as:

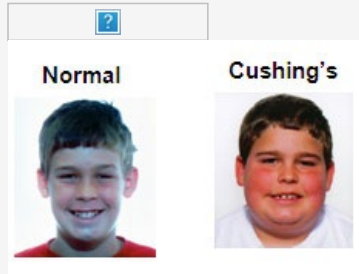
- Impaired cognitive performance
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- Higher **blood pressure**
- Lowered **immunity** and inflammatory responses in the body, slowed **wound healing**, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are **heart attacks**, **strokes**, the development of **metabolic syndrome**, higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL), which can lead to other health problems!

<http://stress.about.com/od/stresshealth/a/cortisol.htm>

What effect a constant high cortisol level has on the body can be seen by people who suffer from the crushing syndrome:

Quote:

Cushing's syndrome, also known as **hypercortisolism**, **Itsenko-Cushing syndrome**, and **hyperadrenocorticism**, is a collection of signs and symptoms due to prolonged exposure to cortisol[/[url](#)]



There are various ways to reduce the cortisol/to keep it low

Quote:

Here are 6 tips that give you their top recommendations to decrease cortisol levels and thus catabolic metabolism while you increase anabolic metabolism and experience optimal health.

1. Eliminate caffeine from your diet. It's the quickest way to reduce cortisol production and elevate the production of DHEA, the leading anabolic youth hormone. 200 mg of caffeine (one 12 oz mug of coffee) increases blood cortisol levels by 30% in one hour! Cortisol can remain elevated for up to 18 hours in the blood. This is the easiest step to decrease your catabolic metabolism and increase your anabolic metabolism.

2. Sleep deeper and longer. The average 50 year old has nighttime cortisol levels more than 30 times higher than the average 30 year old. Try taking melatonin, a natural hormone produced at night that helps regulate sleep/wake cycles, before going to sleep to boost your own melatonin production that also decreases with age. You may not need it every night, but if you are waking up in the middle of the night or too early in the morning, melatonin can help you sleep deeper and lengthen your sleep cycle. If you get sleepy during the day even though you had plenty of rest, back off the melatonin for a while. It's a sign you are getting too much.

3. Exercise regularly to build muscle mass and increase brain output of serotonin and dopamine, brain chemicals that reduce anxiety and depression. Cherniske recommends taking DHEA supplements to shorten the adaptation period when out-of-shape muscles and cardiovascular system discourage people from continuing to exercise before they get in shape. DHEA also accelerates the building of muscle mass and increases the feeling of being strong and energetic.

4. Keep your blood sugar stable. Avoid sugar in the diet and refined carbohydrates to keep from spiking your insulin production. Eat frequent small meals balanced in protein, complex carbohydrates and good fats like olive oil and flax seed oil. Diets rich in complex carbohydrates keep cortisol levels lower than low carbohydrate diets. Keep well hydrated – dehydration puts the body in stress and raises cortisol levels. Keep pure water by your bed and drink it when you first wake up and before you go to sleep.

5. Take anti-stress supplements like B vitamins, minerals like calcium, magnesium, chromium and zinc, and antioxidants like vitamin C, alpha lipoic acid, grapeseed extract, and Co Q 10. Adaptogen herbs like ginseng, astragalus, eleuthero, schizandra, Tulsi (holy basil) rhodiola and ashwagandha help the body cope with the side effects of stress and rebalance the metabolism. These supplement and herbs will not only lower cortisol levels but they will also help you decrease the effects of stress on the body by boosting the immune system.

6. Meditate or listen to relaxation tapes that promote the production of alpha (focused alertness) and theta (relaxed) brain waves. Avoid jolting alarm clocks that take you from delta waves (deep sleep) to beta waves (agitated and anxious) and stimulants like caffeine that promote beta waves while suppressing alpha and theta waves.

[[url=http://teecino.com/building_optimal_health/148/Six-Tips-To-Reduce-The-Stress-Hormone,-Cortisol.html](http://teecino.com/building_optimal_health/148/Six-Tips-To-Reduce-The-Stress-Hormone,-Cortisol.html)]http://teecino.com/building_optimal_health/148/Six-Tips-To-Reduce-The-Stress-Hormone,-Cortisol.html

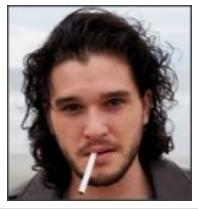
Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



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Couldntthinkofanam

e  Member



Posts: 161
Threads: 12
Joined: Jun 2015
Reputation: 1

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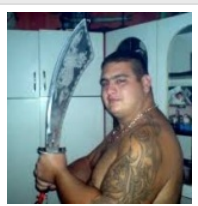
07-03-2015, 06:41 PM

#2

Thank you, heilsa.
I need to decrease my caffeine intake it seems. Fuck! I love coffee. Decaffeinated then.



Reply



slayer of forums

 Member



07-04-2015, 08:23 AM

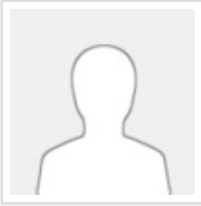
#3

yet another misunderstood broscience shit, cortisol is a survival hormone it goes up when your body is in shit condition to keep you alive, your cortisol is high because your baseline resistance to stress is low fix that first

Posts: 60
Threads: 3
Joined: Jul 2015
Reputation: 0

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IcedEarth
Mega Super Poster



Posts: 3,281
Threads: 283
Joined: Jul 2015
Reputation: 0

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07-16-2015, 05:42 PM

#4

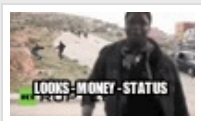
slayer of forums Wrote: →

(07-04-2015, 08:23 AM)

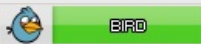
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bump for this

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heilsa
Mega Super Poster



Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20

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07-16-2015, 05:47 PM

#5

IcedEarth Wrote: →

(07-16-2015, 05:42 PM)

slayer of forums Wrote: →

(07-04-2015, 08:23 AM)

yet another misunderstood broscience shit, cortisol is a survival hormone it goes up when your body is in shit condition to keep you alive, your cortisol is high because your baseline resistance to stress is low fix that first

bump for this

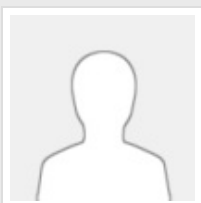
strong alt game

Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



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rigidity
Mega Super Poster

07-16-2015, 06:05 PM (This post was last modified: 07-16-2015, 06:07 PM by rigidity.)

#6

slayer of forums Wrote: →

(07-04-2015, 08:23 AM)

yet another misunderstood broscience shit, cortisol is a survival hormone it goes up when your body is in shit condition to keep you alive, your cortisol is high because your baseline resistance to stress is low fix that first



Posts: 2,252
Threads: 69
Joined: Jun 2015
Reputation: **41**

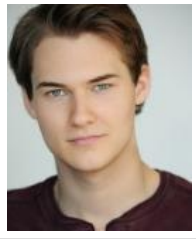
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Legit.

Learn some frustration tolerance when things aren't going your way and learn to stop being such an anxious little bitch.

This isn't some simple diet modification or more exercise, it involves changing the way you interact with the world at large.

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Brutus
Monster Poster



Posts: 6,260
Threads: 712
Joined: Aug 2015
Reputation: **1,356**

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11-20-2015, 06:50 AM

#7

rigidity Wrote: →

(07-16-2015, 06:05 PM)

slayer of forums Wrote: →

(07-04-2015, 08:23 AM)

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Legit.

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This isn't some simple diet modification or more exercise, it involves changing the way you interact with the world at large.

Kind of hard to do that when people shit on you the moment you try to do anything other than act beta

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doppelganger
Mega Super Poster



Posts: 3,593
Threads: 217
Joined: Nov 2015
Reputation: **2,055**

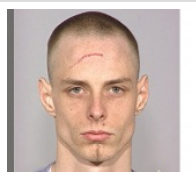
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03-07-2016, 12:02 PM

#8

legit

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Josh
Super Poster



Posts: 1,323
Threads: 312
Joined: Jan 2016

03-07-2016, 11:14 PM

#9

incels probably have higher cortisol

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Reputation: **742**
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+



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Dawgsly Member



Posts: 94
Threads: 3
Joined: Mar 2016
Reputation: **180**

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03-08-2016, 08:38 PM

#10

not giving a shit is legit for looksmxing.

Live and love everyday like it's your last because one day, it will be.

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doppelganger Mega Super Poster



Posts: 3,593
Threads: 217
Joined: Nov 2015
Reputation: **2,055**

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03-11-2016, 05:02 AM

#11

i need ideal cortisol

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lefterio13 Mega Super Poster



Posts: 3,733
Threads: 691
Joined: Nov 2016
Reputation: **1,750**



12-22-2016, 08:22 PM

#12

so what should we do about cortisol



The death of all ambition starts with looking in the mirror.



Incelus Maximus



Senior Member



Posts: 578
 Threads: 44
 Joined: Oct 2016
 Reputation: **470**

12-22-2016, 08:33 PM (This post was last modified: 12-22-2016, 08:43 PM by Incelus Maximus.)

#13

lefterio13 Wrote: →

(12-22-2016, 08:22 PM)

so what should we do about cortisol

Ashwagandha first of all

"A double blind, randomized, placebo-controlled clinical trial assessed the effects of ashwagandha in 130 chronically stressed subjects (Auddy 2008). Over a 60-day period, doses ranging from 125 mg to 500 mg daily of a patented ashwagandha extract (Sensoril) significantly improved scores on a standardized measurement of stress intensity, and also favorably modulated several biomarkers associated with cardiovascular health, including C-reactive protein and blood pressure. Moreover, at the end of the study period subjects that received 500 mg of ashwagandha daily had cortisol levels nearly 30% lower than subjects who took a placebo, and their DHEA-s levels were significantly higher as well."

<http://www.lifeextension.com/protocols/emotional-health/stress-management/page-02>

Remember that every adaptogen herb stops working after like 2 -3 months so you need to cycle them until Ashwagandha starts working again. Other adaptogens also lower cortisol but not as well, however cycling every 2- 3 months is necessary.

Some SSRIs also lower cortisol (e.g. Lexapro) but side-effects are not worth it.



Duk Koo Kim



Senior Member



Posts: 541
 Threads: 59
 Joined: Oct 2016
 Reputation: **5**

12-22-2016, 09:16 PM

#14

Incelus Maximus Wrote: →

(12-22-2016, 08:33 PM)

lefterio13 Wrote: →

(12-22-2016, 08:22 PM)

so what should we do about cortisol

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6.0x4.4 BPEL - PM for pics



Incelus Maximus

Senior Member



Posts: 578
Threads: 44
Joined: Oct 2016
Reputation: **470**

Duk Koo Kim Wrote: →

(12-22-2016, 09:16 PM)

Incelus Maximus Wrote: →

(12-22-2016, 08:33 PM)

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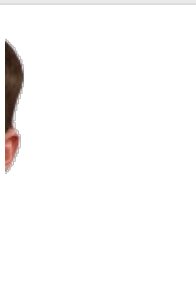
Some SSRIs also lower cortisol (e.g. Lexapro) but side-effects are not worth it.



You will reincarnate as a gook again if you keep laughing at Ashwagandha, you might wanna stop.

Find

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Оперативный

Mega Super Poster



1k+ Reps

Posts: 3,126
Threads: 161
Joined: Sep 2016
Reputation: **2,887**
Dates: 18
Slay Count: 5
Relationships: 3

Good thread.

*Swimcel Crew
Cyclingcel Crew
Universitycel Crew
PSL Manlet Crew (183.7cm)
Heightmogged by women on a daily basis crew*

Jawimplants Wrote: →

(05-10-2017, 10:36 PM)

Wrong board. What am i doing in this bitcoin shithole.

You will lose your money, you fucking dumbcels! You're not able to make money, cause you take the WRONG decisions, fucking donkeys.

Balding Jewish Chode Wrote: →

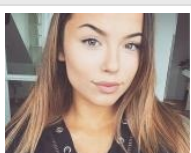
(05-17-2017, 03:32 AM)

Do you really believe you'll successfully be able to learn group theory, the calculus of variations, quantum mechanics, Lagrangian mechanics, topology, model theory, real analysis, multilinear algebra, differential geometry, etc., all on your own? Imfao no way, the structure provided by a university environment is UNPARALLELED in resulting in the maximum amount of learning in the shortest amount of time for such advanced concepts, not that you'd be able to handle it in the first place.

And before you counter with "who said I wanted to learn all that shit?" - you said you were going to study the ENTIRE TREE of mathematics on your own in another thread, you arrogant little shit. Do you even know what you're talking about? That's a massive field

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GottThaGod ●

the most relevant user on
lookism



@LOEEL

Posts: 22,816
Threads: 3,010
Joined: Oct 2016
Reputation: **13,655**



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