



Adrenal Stress Causes Chronic Disease: "The Big Picture"

Dr. Carly Willeford DNP

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If you constantly have elevations of cortisol going on from a stressed out life style with mood outburst for example, you will secrete cortisol. Cortisol has a huge effect on your body's insulin receptors. A side-effect of cortisol secretion is that it "stops" or "down-regulates" or makes the insulin receptor sites not work well. It is like a gate that will not open on the cell membranes. Basically, when you secrete cortisol as a stress response over and over the receptor site antennas learns to not recognize insulin anymore. Is this a problem? Yes!

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