



Balance high Cortisol levels

- *Go to bed each night at the same time, wake up at the same time, and get out in the sunshine. This creates a good circadian rhythm, which optimizes your hormone balance naturally*
- *Limit alcohol. You might think it relaxes you, but alcohol actually increases cortisol*
- *Avoid caffeine, sugar, and processed food. Better-eating guru Michael Pollen's quote "Eat foods from a plant, not made in a plant," is a good reminder to eat food that is natural and whole*
- *Exercise. However, be aware that running hard and overtraining without enough rest can increase cortisol. The constant demand for glucose to the muscles can create a form of chronic stress. You may find yoga, Pilates, or walking in nature helps relax your mind while exercising your body*
- *Get a monthly massage to reduce stress and relax muscles*
- *Consider talking to your doctor or pharmacist about taking dietary supplements such as vitamin B complex, vitamin C, and fish oil, as intake levels vary*
- *Try meditation to slow your mind down, reduce anxiety, and lower cortisol levels. Even deep breathing can help. If you've never tried meditation*