



low Cortisol levels immediate approach

- *Increase the intake of sodium(Salt) in your diet.*
- *For when having acute symptoms, glucose or high sugar foods can help reduce the onset.*
- *Reduce exposure to stress as it can trigger autoimmune conditions such as Addison's disease (low cortisol levels).*
- *Include foods in your diet that are less processed and have anti-inflammatory properties such as fruits, nuts and leafy greens.*