

Zone 4 — Low Cortisol

Cortisol is an important hormone to help maintain stable blood glucose and blood pressure levels during stressful events or periods of time. When cortisol is too low, you may experience lower levels of blood sugar or lower levels of blood pressure, which can lead to the following symptoms:

- Lightheadedness
- Dizziness
- Shakiness
- Fatigue
- Brain fog

They may also struggle with maintain energy levels throughout the day.

The most common causes of low cortisol are chronic stress and changes to adrenal function, immune system challenges, sedentary lifestyle OR inadequate recovery from exercise, and poor sleep quality and/or quantity.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: UNDERSTAND YOUR METABOLISM THROUGH LAB TESTING.

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism to help guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism and assessment of morning cortisol level to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (82 markers)

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus the critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

ALSO CONSIDER: Stress & Resilience Panel

This salivary panel provides a picture of free cortisol levels throughout the day- morning, noon, afternoon, and evening. Includes morning DHEA-S.

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NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- If cortisol is low, it may be better to eat more frequently, ensuring that carbohydrate intake is not too low
- Get protein in at every meal and snack
- Minimize caffeine and added sugars
- Be mindful of electrolyte status, and choose salt that is mineral rich when possible

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

DESIGNS FOR HEALTH ADRENOTONE™

- Provides the nutritional support needed to optimize the adrenals' response and resiliency to stress.
- 1 capsule 2 or 3 times a day with meals (start with one, wait a few days, add in a second, etc.).

COMPREHENSIVE

DESIGNS FOR HEALTH ADRENAL COMPLEX

- Adrenal Complex is designed to help balance cortisol and replenish catecholamines in those under chronic stress.
- One to two capsules daily with food.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Whenever possible, exercise during the time of day in which energy levels are highest
- Ensure you are prioritizing active recovery sessions
- Strength train at least 2 to 4 times per week
- Be mindful of exercise intensity and duration