

Is Stress The Biggest Killer? The Link Between Stress And Cortisol

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Reporting from the Philippines
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It is common knowledge to everyone that heart disease is the number 1 American killer. But do you know that stress plays a huge part in heart disease as well? And what is the stress' link to cortisol?

It's a given fact that stress isn't good for us and we heard it several times that it's dangerous to our health. There are new researches and studies that claim that stress can also likely impair the brain as well as affect our immune system. Making stress probably the biggest cause of death by disease.

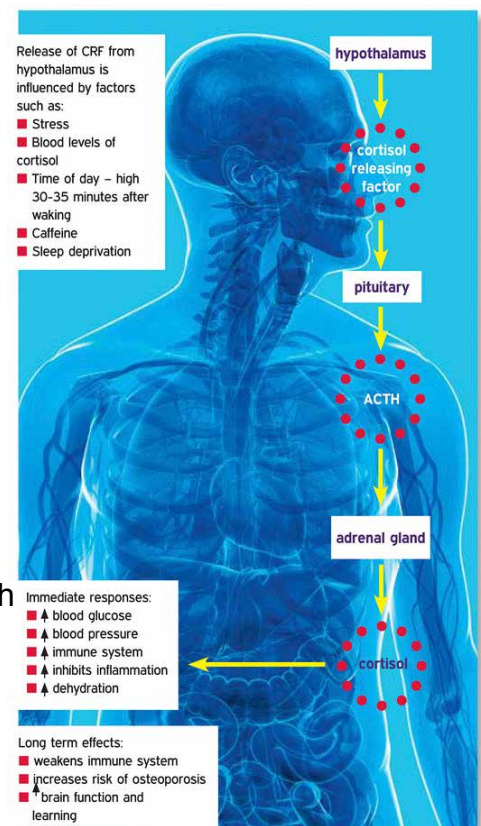
So yes stress kills. Any physician would imagine stress leading to not only anxiety, depression but also heart attacks and high blood pressure. But how does stress kill?

OUR THOUGHTS AND BEHAVIOR INFLUENCE STRESS AND OUR CORTISOL OUTPUT

Stress makes our bodies release cortisol. Cortisol is the stress hormone that actually helps us manage our challenges. Its role is to release protein into energy by letting out glycogen and counteract inflammation.

Normal levels of cortisol doesn't have a long-lasting damaging effects to health so it's fine when it is released in the body temporarily. Also it is a natural response to a stressor.

It is when the cortisol levels remain high that it can start to rip our body down causing health complications. This is the reason why majority of health experts advised the reduction of stress as much as possible. It is because in the long run, it can cause serious damage to our health up to and including death.



The challenge is that there is no way we can escape most stressful situations, and every day we add on more stress, anxiety, and worry. But stress can run on an autopilot eating away both our mental and physical health, our relationships, our productivity, and even our passion to live

WHY STRESS KILLS

Science Daily reported that a lifetime exposure to lifelong psychological stress is linked with high inflammation in the "Heart and Soul Study"

When cortisol levels are on high levels over the long term, it can harm even healthy muscle and bone. Furthermore, long term high level cortisol can weaken the immune system, impair mental function, metabolism, digestion, and slow down healing.

Studies reveal links between stress and numerous health conditions including premature menopause, chronic fatigue symptoms, fibromyalgia, arthritis, hypothyroidism, heart issues and many more.

Miami Herald also reported that chronic stress leads to these major causes of death, such as cancer, heart disease, lung ailments, cirrhosis of the liver, accidents, and suicide. At present many recognized stress as the number 1 proxy killer disease today. The American Medical Association noted that stress is the primary cause of more than 60 percent of all human disease and illness



TIPS ON WHAT TO DO

How to manage stress involves variety of strategies. And here are some of the tips that can lower or prevent the risk of high levels of cortisol that can post long-term damage to our health.



- Take time out to relax every day—meditate, work on your favorite hobby, listen to music, pray, massage, or anything that promotes relaxation to you.
- Drink herbal tea
- Chew gum
- Do something spiritual
- Watch funny movies or videos
- Hang out with your family or friends
- Yoga or Tai Chi
- Stretch or exercise on a regular basis
- Limit your caffeine intake

• Eat a well balanced meal that means avoid too much sugar, avoid processed foods, consume low glycemic index food. Eat plenty of fruits and vegetables with a wide variety of healthy foods to make sure your body receive all the essential nutrients and vitamins

Cut the link to stress and high cortisol by incorporating these helpful tips and start a healthy lifestyle. And yes, stress can be the biggest killer, because the link of stress to high level of cortisol can lead to the major causes of not only deadly diseases but deaths as well.

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