



# Nature's Cortisol

## Cortisol-Reducing Formula for Stress Reduction and Weight Loss

Nature's Cortisol is a dietary supplement designed to reduce levels of the stress hormone, cortisol in the body. Cortisol is a hormone produced by the adrenal glands as part of the fight-or-flight reaction to stress. Cortisol has an anti-inflammatory action, but is also associated with higher levels of anxiety and stress-related problems like high blood pressure.

Cortisol, also promotes the synthesis of glucose from proteins in order to make more glucose available as fuel in response to stressful situations. This reduces lean muscle mass and increases blood sugar levels. Research has shown that cortisol also increases the deposition of abdominal fat and increases cravings for food, especially carbohydrates (sugars). This helps to set up the vicious cycle of stress and overeating (especially of unhealthy foods), which creates more stress and more overeating, etc. By supporting a person's adrenal glands and lowering cortisol output, Nature's Cortisol can help to break this cycle.

The herbs and nutrients in Nature's Cortisol have an adaptagenic effect, meaning they reduce the output of stress hormones like cortisol from the adrenals. The blend also helps to regulate blood sugar levels and has antioxidant activity to reduce tissue irritation and inflammation. Nature's Cortisol can be used to help reduce stress, regulate blood sugar levels and as an aid to weight loss.

Nature's Cortisol includes the following ingredients:

**Magnolia Bark extract and Phellodendron extract:** Magnolia bark and phellodendron have been used in Chinese medicine for centuries. The major active ingredients are magnolol and honokiol, forms of anti-oxidants that are 300-1000 times as active as vitamin E. The primary functions of these herbs in this formula are to protect tissues, especially those of the cardiovascular system, from oxidative damage and to act as an anti-inflammatory. Magnolia extract has also been reported to have an anxiety- and cortisol-reducing effect without sedative properties.

**Holy Basil:** This herb comes from Ayurvedic herbal medicine, where it has been considered a tonic herb, used to improve vitality and invigorate the system. Holy Basil has been used to treat a wide range of disorders from asthma and fevers to canker sores and insect bites. It helps to lower blood sugar levels and blood pressure, and has adaptagenic and anti-inflammatory properties. Recent research has focused on Holy Basil's ability to decrease effects of stress and to diminish depression by normalizing levels of cortisol from the adrenal glands.

**Banaba extract:** Banaba has been used as a folk medicine in the Philippines to treat diabetes. Research has indicated an ability to promote cellular utilization of glucose and a corresponding ability to inhibit creation of fat cells.

**Green Tea extract:** A powerful antioxidant which can protect against free radical damage. Some researchers also theorize that its major components work together to increase energy consumption in the body, thereby aiding in weight loss.

**L-Theanine:** This amino acid, found in the green tea plant, seems to promote relaxation without causing drowsiness or impairing motor skills. It's theorized that it owes this effect to its ability to cross the blood-brain barrier and act on neurotransmitters in the brain.

**DHEA:** Cortisol and DHEA appear to be antagonists in the body. Raising DHEA levels seems to help decrease cortisol levels, thereby helping people to lower stress levels. Research applying DHEA to obesity has shown that it can significantly decrease abdominal fat and also increases cellular sensitivity to insulin.

**Chromium:** A trace element required for normal glucose metabolism, chromium facilitates the binding of insulin to insulin receptors. Supplementation with chromium has been shown to improve blood glucose, cholesterol, triglyceride and lipoprotein levels.

**Vanadium:** Another trace element with insulin-like properties, vanadium has proven to improve insulin sensitivity and blood glucose levels.

**Calcium:** Calcium is the most abundant mineral in the body and is used by every body system. The recommended daily consumption is 1000 mg. per day, which many people don't get. Aside from preventing bone loss, clinical studies have shown that increasing calcium intake can reduce the risk of being overweight by as much as 70%.

**Dosage:** Take one capsule with a meal three times daily. Not recommended when the adrenals are exhausted or there is a lot of chronic inflammation in the body.

### Selected References

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

*The Encyclopedia of Medicinal Plants* by Andrew Chevallier

*Professional Guide to Conditions, Herbs and Supplements* by Integrative Medicine Communications

*PDR for Nutritional Supplements* by Physician's Desk Reference

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