

CORTISOL CHECKLIST

Put a checkmark beside each one of these you have often.

Dietary Factors

- Foods high in sugar
- Foods high in processed flours (breads, pasta)
- Alcohol
- Caffeine
- Skip meals throughout the day
- Intermittent Fasting
- Not enough protein (<75 grams a day)
- Alcohol
- Excess sodium (lots of processed or fast foods)
- Excess Omega 6s (eating out a lot or a lot of processed foods)
- Overweight
- Low magnesium foods or supplements (chia seeds, edamame, lima beans, milk, yogurt, chard, corn, quinoa)
- Low zinc (not eating foods like oysters, chickpeas, ricotta, spinach, avocado, chicken, pumpkin or hemp seeds, beef)
- Low Vitamin A foods (not eating foods like cheddar cheese, goat cheese, cream cheese, cantaloupe, grapefruit, watermelon, papaya)
- Low Potassium (not eating enough lentils, raisin, kidney beans, squash, milk, spinach, yogurt, banana)

Physical Factors

- High Intensity workouts
- Sleep deprivation or sleep apnea
- Long commutes
- Poor posture-slumped a lot throughout the day
- Dealing with pain
- Hot or cold therapy (saunas, cold plunges)

Psychological and Environmental Factors

- Minor stresses throughout the day (stressful job, care for children, bad family relationships)
- Major stressors (caring for an elderly or sick parent/child, death in the family, financial struggles)
- Heavy metals (if you eat a lot of fish or lead in the house)
- Smoke
- Drugs
- Staying up late
- Molds in your house

Medical Factors

- Take corticosteroids (usually ending in -one)
- Increased estrogen (breast tenderness, irregular periods, low sex drive, hair loss, headaches)