
The Effects of Stress On The Body

- Increased cortisol production: Associated with weight gain (especially in the belly), inability to lose weight or gain muscle, premature aging.
- Decreased nutrient absorption: Due to decreased enzymatic production from the stomach, pancreas and liver, decreased bile flow from gall bladder, decreased oxygenation and gastrointestinal blood flow.
- Increased nutrient excretion: Urinary loss of calcium, magnesium, potassium, zinc, chromium, selenium, and various microminerals.
- Decreased gut flora populations: Healthy intestinal bacteria are destroyed by stress, which can lead to immune problems, skin disorders, nutrient deficiencies, and digestive distress.
- Increase in salt retention: Can lead to high blood pressure.
- Decrease in thermic efficiency: Your ability to burn calories is diminished.
- Decrease in thyroid hormone: Can lead to a decrease in metabolic activity throughout the body.
- Increase in blood cholesterol: Stress by itself will raise LDL levels.
- Increase in blood platelet aggregation: A major risk factor in heart disease.
- Decrease in sex hormones: Can mean lower sex drive, low energy, decreased muscle mass.
- Increase in inflammation: The basis of many significant ailments, including brain and heart disease.
- Increase in gastric emptying time: Can lead to constipation; also a risk factor in diseases of the colon.
- Decrease in gastric emptying time: Can lead to diarrhea and larger food particles prematurely entering the small intestines, a probable factor in food allergies, sensitivities, and various disease conditions.
- Increased swallowing rate: A fast swallowing rate is a likely factor in digestive upset.
- Increased food sensitivities and allergies: Plenty of anecdotal evidence, most likely due to decreased immunity and leaky gut.

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- Increased hydrochloric acid production: Increases probability of ulcers.
 - Decrease in growth hormone: A key hormone in growing, healing and rebuilding body tissues; helps to burn fat and build muscle.
 - Increase in insulin resistance: Chronic low-level stress may cause target cells to become unresponsive to insulin, a factor in diabetes, weight gain, heart disease and aging.
 - Increase in erratic function of LES: Lower esophageal sphincter opens inappropriately, causing gastric reflux (also known as heartburn).
 - Increase in oxidative stress: Prematurely ages the body; a precursor to numerous diseases.
 - Increase in risk of osteoporosis: Bone density has been shown to decrease in stresses and depressed women; stress increases urinary excretion of calcium, magnesium and boron.
 - Decrease in mitochondria: These are the energy powerhouses of the cell; when the number of these tiny cellular organelles are diminished, we literally produce less energy; can lead to chronic fatigue.