

Stage of stress	Adrenal Hormone Responses
Alarm	This is known as the “fight or flight” response to short term stress and is brought about by hypothalamic stimulation of the sympathetic nervous system. Adrenaline, Cortisol and DHEA will all become elevated during this phase but will return to normal once the stressful situation is over.
Resistance or Adaptation	This occurs when an individual has been experiencing prolonged stress which is causing adrenal overstimulation. Cortisol levels remain high during this phase but DHEA levels start to level off and then fall.
Exhaustion	This stage is reached once the body has become nutritionally depleted resulting in physical and mental exhaustion as well as severely compromised immunity. During this phase both Cortisol and DHEA levels fall.

Functions of Cortisol

- ▶ Mobilises amino acids in the blood and liver for use as fuel
- ▶ Mobilises fatty acids for use as fuel
- ▶ Dampens inflammation and reduces allergic response
- ▶ Suppresses the immune system
- ▶ Maintains blood pressure by controlling sodium retention
- ▶ Increases mental and physical energy
- ▶ Aids mood and emotional stability
- ▶ Opposes insulin

Functions of Dehydro Epi-Androsterone (DHEA)

- ▶ Stimulates and strengthens the immune system by improving resistance to microbes allergies and cancer
- ▶ Improves metabolism by aiding conversion of proteins, carbs and fats to energy. This in turn can reduce fat storage
- ▶ Slows down natural ageing process
- ▶ Aids dietary protein synthesis helping mood and reducing food intolerances
- ▶ Can help prevent osteoporosis
- ▶ Lowers LDL Cholesterol
- ▶ Decreases PMS and menstrual difficulties
- ▶ Decreases cravings
- ▶ Increases basal metabolic rate thereby discouraging fat storage