

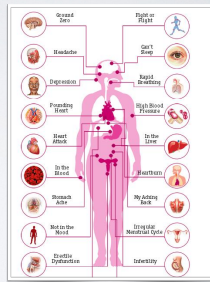
THE CORTISOL, HIGH BLOOD SUGAR, INFLAMMATION & WEIGHT GAIN CONNECTION

By Dr. Stephen Cabral



IT'S TIME TO DISCOVER HOW:

- Stress causes inflammation and sets off the "dis-ease cycle"
- Losing weight has much more to do beyond calories in versus calories out
- Chronic low carb dieting can be disastrous in the long-run
- Stress affects metabolic hormones and lowers metabolism rate



MY BACKGROUND

- Life-altering illnesses at 17 years old
- Given no hope for recovery
- Finally found my answers
- Went back to school & interned all over the world to discover what "medicine was the best"
- Over 250,000 appointments completed
- One of the largest virtual Functional Medicine practices in the world
- Now teach close to 1,000 health coaches & practitioners in the Integrative Health Practitioner course & certification



SLIDE DOWNLOADS

StephenCabral.com/BRMI

QUESTIONS

BRMI.online/contact

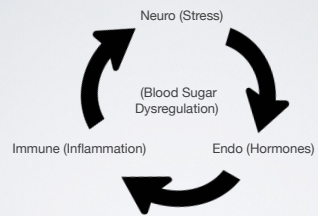
LET'S GET STARTED



HOW STRESS CAUSES INFLAMMATION & WEIGHT GAIN DESPITE DIET



NEUROENDOIMMUNOLOGY



How the nervous system effects the endocrine (hormones) system which then effects the immune (inflammation) system

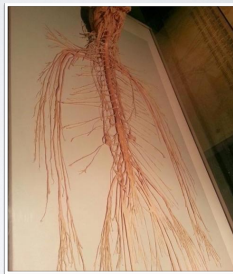


YOUR NERVOUS SYSTEM



YOUR BODY IS WIRED

- Proprioceptors provide external feedback
- Internal feedback loops can trigger the Autonomic Nervous System (ANS) for Fight/Flight or Rest/Relax
- Stress is stimulated in the Fight/Flight which triggers the Sympathetic Nervous System



2 BRANCHES OF THE A.N.S.

• Sympathetic Nervous System

- Stress
- Catabolism (breakdown)
- Blood sugar dysregulation
- Hormone dysregulation
- Immune dysregulation
- Speeds up aging process
- Lowering of digestion, libido, memory, and drive/ambition
- Increases anxiety, overwhelm, irritability and worry

• Parasympathetic Nervous System

- Rest
- Repair (anabolism)
- Burn body fat
- Lowers stress hormones
- Increase anti-aging hormones
- Boosts immune system
- Allows for proper detoxification
- Strong digestion
- Calms mind and body

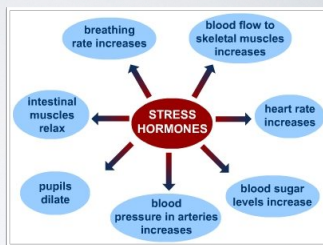


YOUR ENDOCRINE (HORMONE) SYSTEM

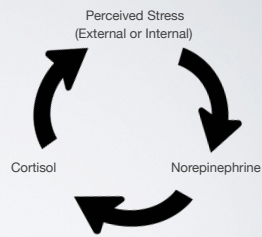
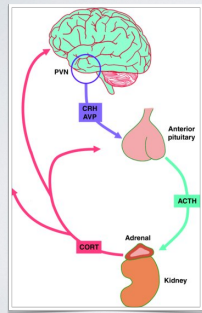


WHAT CAUSES STRESS?

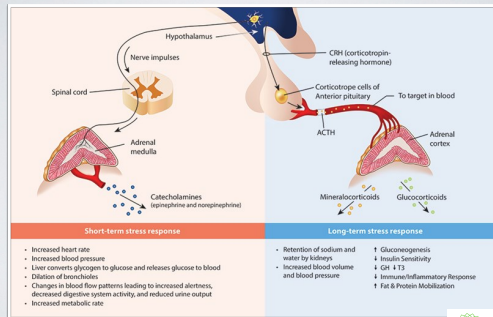
- Work/Life/Emotions
- GI Digestive Imbalances
- Toxins
- Heavy Metals
- Viruses
- Adipose Tissue (fat stores)



STRESS RESPONSE



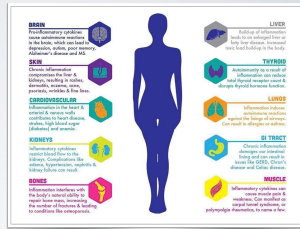
SHORT & LONG TERM STRESS



YOUR IMMUNE SYSTEM

YOUR BODY UNDER STRESS

- Lowering of SIgA
- Lowering of DHEA
- Increase in pro-inflammatory cytokines (inflames body during repair/attack process)
- Stress depletes essential minerals and vitamins needed for dynamic equilibrium
- Stress leads to increases in blood sugar which leads to increased insulin response which leads to inflammation
 - Insulin stimulates the release of interleukin-6 (IL-6) - Th2 Cytokine
 - Interleukin-6 (IL-6) stimulates more stress response (cortisol) and the cycle repeats!

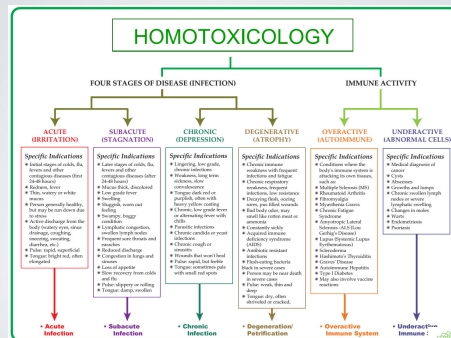


The effects of inflammation on the immune system

*Podcast: StephenCabral.com/1166



6 PHASES OF DISEASE



Refer to <https://stephencabral.com/998> for an entire podcast breakdown of this Homotoxicology Chart



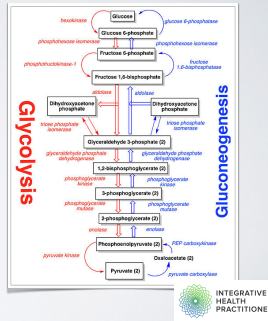
HOW WEIGHT GAIN OCCURS FROM STRESS



CHRONIC STRESS CAN CAUSE WEIGHT GAIN

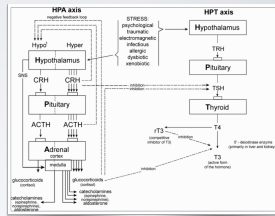
- Stress causes fight/flight
- Fight/Flight causes an increase in available glucose in the blood stream
- No activity is needed to use this glucose and it is restored or increases adipose tissue (and results in inflammation & water retention due to rise in aldosterone)
- The bigger factor is long-term hormonal/metabolic reduction

*Podcast: [Stephencabral.com/957](https://stephencabral.com/957)



BEYOND BLOOD SUGAR

- Cortisol (insulin) will increase belly fat storage
- Chronic stress leads to estrogen dominance by way of lower progesterone
 - This leads to a host of mood, skin, hair & weight issues (hips) in women (& men)
- Hypothyroidism (low thyroid/5-2mU/L)
- Lowering of testosterone in men
- Depletion of vitamin & mineral reserves



THIS IS WHY WHAT YOU EAT MATTERS, BUT FOR SOME PATIENTS/CLIENTS IT'S NOT JUST ABOUT CALORIES IN/ CALORIES OUT (MACROS)

AND ALTHOUGH EATING
WHOLE HEALTHY FOODS IS
ESSENTIAL, IT DOES NOT FIX
THE STRESS RESPONSE



HOW TO FIX THE PROBLEM



1ST CHECK TO SEE IF THIS IS
HAPPENING IN YOUR BODY



OPTION 1: BASIC TESTING

- Resting HR (50-69BPM) (Oximeter)
- Waking body temperature (98.0-98.8°)
- Waking & before bed blood pressure (110/120-70/80)
- Heart Rate Variability (>59?)
- (AM) Fasting blood sugar (70-95 mg/dL) (Glucometer)
- Post-Workout/Coffee/Stressor Blood Sugar



OPTION 2: FM TESTING

- May complete these labs at home or with your local health practitioner
- For stress these are the top 3 labs:
 - Thyroid Adrenal Hormone (saliva & dried blood spot card)
 - Organic Acids Test (mitochondrial function, ketones, gut function, detox, neurotransmitter metabolites, and vitamin levels)
 - Hair-Tissue Mineral Analysis (electrolyte balance, mineral levels, heavy metals)
- All At-Home Labs Available at EquilibriumNutrition.com



SLIDE DOWNLOADS

StephenCabral.com/BRMI

QUESTIONS

BRMI.online/contact

I HOPE YOU ENJOYED THE
PRESENTATION!



CONTACT

- **Daily Integrative Health Podcasts**

StephenCabral.com/podcasts

- **The Rain Barrel Effect**

<https://amzn.to/2lfqz2M>

- **At-Home Lab Testing**

EquilibriumNutrition.com

- **Integrative Health Practitioner**

IntegrativeHealthPractitioner.org

- **BioRegulatory Medicine Institute**

BRMI.online

