

# How Stressed Are You?

Use This Checklist to Find Out  
& Learn What You Can Do



Dr Cobi Slater

Are you feeling sluggish and tired? Do you suffer from frequent headaches, mood swings and/or irritability? Are you experiencing menstrual problems, weight issues or brain fog? These are all signs of stress and the effect it has on how you feel.

It's the most common factor for health issues that we face in our modern world and it's only getting worse. Our adrenal glands were designed to help us cope with physical stress and danger. Unfortunately, due to our fast pace, we run around like crazy and our adrenals are forced to fire the hormones adrenaline and high cortisol to help us function.

We can only produce small amounts of adrenaline at a time; therefore the adrenals are forced to produce high levels of cortisol to keep us physically and mentally alert. Secreting too much cortisol, day after day has been linked to several health conditions. Over time the adrenals can become underactive and a whole host of other symptoms and conditions can occur.

Use this checklist to determine your status. Do you suffer from high cortisol or low cortisol? Maybe you are somewhere in between, or maybe you have high cortisol one day and then low the next day. I've also included some simple suggestions that may help you get started supporting your adrenals and coping with stress more easily.

If you have any questions, please feel free to contact the clinic at 604 467 9554 or [cshealth@telus.net](mailto:cshealth@telus.net).

Be Well!

*Dr Cobi*



**Essential Health Natural Wellness Clinic Inc.**

604 467 9554

[cshealth@telus.net](mailto:cshealth@telus.net)

<http://www.drcobi.com>

**International Best-Selling Author of:**

[Author of The Ultimate Gluten and Dairy Free Cookbook](#)

[Author of The Ultimate Candida Guide and Cookbook](#)

[Author of The Ultimate Hormone Balancing Guidebook](#)

[Author of The Ultimate Metabolic Plan Uncovering and Conquering the Roadblocks to Weight Loss](#)

[Author of Refresh, Revive, Restore 10-Day Detox](#)





How do you feel? Do you find it a struggle to get through the day feeling sane? Stress is a key factor for all health issues, and it may be driving you crazy. Working on stress management seems like an easy answer, but there isn't anything easy about it. People who suffer from issues due to chronic stress can present with many symptoms. The problem we face is whether we are suffering from overactive adrenals and high cortisol or underactive adrenals and low cortisol.

A salivary hormone test will help to determine this- [click here to find out more info on testing](#). Use this checklist to help you determine whether you're dealing with overactive or underactive adrenals. You can have one or the other or be somewhere in between. This means that some days you're pumping too much cortisol, making you feel anxious and irritated. In contrast, some days you may be suffering from low cortisol, leaving you feeling sluggish and blue.

Strategies need to be able to support overall adrenal health. Underactive adrenals will take time to correct- two months to a year - depending on the person, the condition of the adrenals, and the nature of the diet and lifestyle. Overactive adrenals can respond more quickly with proper diet, supplement and lifestyle suggestions.

### Strategies for Underactive Adrenals and Low Cortisol:

- Check for digestive issues and support good digestive function with proper nutrition. [Try one of our menu plans here](#).
- Supplement with [Active B Complex](#).
- Try an adrenal adaptogen such as [Adrenomend](#).
- Try foods rich in vitamin C, vitamin E and potassium as these can be helpful such as avocados, dark leafy greens, bananas, raw nuts and seeds.
- Go to bed and get up at the same time and get at least 7-8 hours of sleep each night.
- Rest when your body signals you to do so.
- Try adrenal glandular like [Adrenplus 300](#) or reishi, Schisandra, licorice (contraindicated for those with high blood pressure), or Maca. Try this blend- [Exhilarin](#) (my favourite).
- Get counselling for emotional issues as this can be helpful. [Book with Tina here](#).





## Strategies for Overactive Adrenals and High Cortisol:



- Practice deep breathing exercises throughout the day. Breathe in for the count of 4. Hold for 7. Breathe out for 8. Repeat 4 times twice daily.
- Supplement with [Stress B-complex vitamins](#) and [Vitamin C](#).
- Reduce and eliminate sugar and caffeine.
- Try [Magnesium Glycinate](#) to counter feelings of agitation, especially before bedtime.
- Try adrenal adaptogens – [Relora](#), [Rhodiola](#), Ginseng, Schisandra, Holy basil or Ashwagandha. Try [Exhilarin](#).
- Focus on getting a better-quality sleep. For difficulty sleeping try all-natural [Insomnitrol Chewables](#).
- Try any of these supplements to help you relax at night – [GABA](#), [5HTP](#), Valerian, Hops, or [passionflower](#). Raw honey with cinnamon is also helpful.
- Develop a lifestyle to combat stress. This can include counselling, developing time management skills, reframing or just doing activities you enjoy.

## Foods That Help Balance the Adrenals

Supplements are helpful but foods can also help balance cortisol. The following can easily be added to smoothies, soups, baked dishes or salad dressings.

- Reishi mushrooms – dried or powder
- Maca root - powder
- Schisandra berries – powder or dried berries
- Goji Berries – powder or dried berries
- Holy Basil – powder or grow your own in an herb box
- Ashwagandha – powder



## Supporting the Gut for Adrenal Health



Studies have found that both prebiotics and probiotics help support the adrenals and help manage cortisol levels. GOS, a prebiotic found in foods such as artichoke, dandelion greens, leeks, garlic, onions and asparagus, is helpful for stabilizing moods and lowering cortisol. Probiotics, found in supplements and fermented foods, help lower cortisol and anxiety. [Try Ultra Flora Balance](#).

# High Cortisol vs Low Cortisol Checklist

## Signs and Symptoms of High Cortisol

- Racing from one activity to another or feeling like you are frantic
- Depression and mood swings
- Feeling tired yet unable to relax or sleep
- Feeling nervous or jittery
- Inability to calm down at night before bedtime
- Getting a second wind late at night
- Difficulty falling asleep
- A feeling of anxiety
- Irritable bowel syndrome (IBS)
- Worrying about things, even those you can't control
- Anger issues – finding yourself yelling or snapping
- Memory issues and inability to focus
- Poor ability for long-term planning
- Sugar cravings, including wanting something sweet after meals
- Cravings for coffee, chocolate, pop, beer, or alcohol
- Weight gain around the middle, not related to bloating
- Eczema and thinning of the skin
- Bone loss
- Rapid heartbeat and/or high blood pressure
- High blood sugar and possible insulin resistance and diabetes
- Feelings of weakness or shakiness between meals
- Headaches, especially if a meal is missed
- Slower recovery from a physical injury than in the past
- Pinkish-purple stretch marks on belly or back (not related to pregnancy)
- Menstrual cycles not regular
- Fertility issues

## Signs and Symptoms of Low Cortisol

- Using caffeine to give you energy either in the morning or throughout the day
- Falling asleep while reading or watching TV
- Feeling fatigued or burned out
- Loss of stamina, especially in the mid-afternoon
- Feeling cynical or having a negative perspective
- Crying for no reason
- Lower ability to problem solve
- Everything seems harder to do than it used to
- Feeling stressed and having trouble coping with it
- Less ability to handle stress
- Inability to fall asleep and stay asleep – may wake up at 3:00-4:00 am in the morning and not be able to get back to sleep
- Low blood pressure
- Standing up quickly and feeling dizzy
- Difficulty fighting flus and colds or healing wounds
- Issues with asthma, allergies or bronchitis
- Blood sugar fluctuations throughout the day
- Cravings for salt
- Excessive sweating
- Feelings of nausea, vomiting or loose stool
- Alternating diarrhea and constipation
- Muscle weakness especially around the joints like knees or elbows
- Muscle and/or joint pain
- Hemorrhoids and/or varicose veins
- Skin bruises easily
- Sudden heart palpitations or irregular heartbeats



## About Dr Cobi



### **Dr. Cobi Slater, PhD, DNM, RHT, NNCP, RNCP**

PhD Natural Health Sciences  
Board Certified Doctor of Natural Medicine  
Registered Herbal Therapist  
Registered Orthomolecular Health Practitioner  
Registered Nutritional Consulting Practitioner

### **Essential Health Natural Wellness Clinic Inc.**

604 467 9554

[cshealth@telus.net](mailto:cshealth@telus.net)

<http://www.drcobi.com>

Dr Cobi is extremely passionate about helping others heal naturally as well as empowering patients to live a life of optimal health. Dr Cobi is a regular guest on many international radio and TV health shows. She also contributes to numerous publications as a health expert and is the International Best-Selling Author of 5 health books including The Ultimate Candida Guide and Cookbook, The Ultimate Hormone Balancing Guidebook, The Ultimate Metabolic Plan, The Ultimate Gluten and Dairy Free Cookbook and Refresh, Revive, Restore 10-Day Detox.

Dr Cobi has helped thousands of patients regain their health through lifestyle changes resulting in a freedom to enjoy life like never before!