



THE OFFICE OF DR. TAMARA BROWN

IS STRESS MAKING YOU SICK?

We are exposed to stress constantly. Our lives are busier and the world is more complex than ever. Being constantly in touch with cell phones and email has its advantages, but it also adds to the stress in our daily lives (remember, any interruption is a small stress). Other stressors to our body include pollution, foods with poor nutrition content, lack of sleep, lack of exercise, and many of the medications we take (especially when they cause side effects).

Stress causes actual changes in our hormone levels. Different people respond to stress in different ways. Short bursts of stress often lead to temporary hormone disturbances that recover. Longer exposure to stress leads to more profound hormone alterations in multiple hormone systems and many of the following symptoms:

Difficulty falling or staying asleep
Anxiety or Irritability
Abdominal **Weight** Gain
Foggy Thinking and Disorganization
Feeling **Tired** All of the Time
Menstrual Period Changes

Traditional diet remedies that involve stimulants often do not work for people exposed to chronic stress since they just add a medication stress to the emotional stress. Stress can target hormone imbalances in your thyroid, adrenal, and reproductive hormones that ultimately lead to depression and anxiety disorders, chronic fatigue, memory problems, and obesity. *Many medications for depression or sleeping pills do not treat the underlying hormonal imbalance that is causing the symptoms and will sometimes make the symptoms worse by further exaggerating the imbalance.*

P.S. If you think you have a hormone imbalance NOW, give us a call for your initial Hormone Health and Stress assessment consultation and saliva testing. Most major health insurances are accepted.