



The Cortisol Connection: Why Stress Makes You Fat And Ruins Your Health - And What You Can Do About It

By Shawn M. Talbott, William Kraemer

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HEALTH / STRESS AND WEIGHT MANAGEMENT "The importance of nutrition and supplements in helping to combat stress and the negative effects of excessive cortisol is one of the real hallmarks of The Cortisol Connection. I believe this book is a must read for anyone interested in improving one's health and better coping with stress of life through optimal nutrition." Witham J. Kraemer Ph.P., Director of Research, Department of Kinesiology, University of Connecticut Cortisol is the body's primary stress hormone. Whenever we are under stress, or not getting enough to sleep, or dieting (or even thinking about dieting), our cortisol levels rise - and bad things begin to happen. Research has shown a close connection between high cortisol levels and serious health problems such as obesity, diabetes, hypertension, depression and osteoporosis (and the notorious syndrome X). Lowering cortisol levels helps to prevent these health problems and improve well-being. The Cortisol Connection contains breakthrough information on: • ways to control cortisol and limit its negative effects by using dietary supplements, independently or along with stress management, exercise and nutrition • how other frequently-used supplements can actually increase cortisol levels and have a negative effect on long-term weight control • vitamins, herbs and supplements that counteract stressors and keep cortisol levels within a healthy range Dr. Talbott's research and recommendations are brought together in his easy-to-use• SENSE program (Stress management; Exercise; Nutrition; Supplementation; Evaluation). By using his brief, practical guidelines in each of these major categories for controlling cortisol, readers can create their own dynamic programs for reducing stress, lowering cortisol, avoiding weight gain and improving their long-term health. Shawn Talbott Ph.D., is trained in sports medicine, health management and nutritional biochemistry. He is on the faculty of the University of Utah...

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