

6. Manage stress, or pay



with your health.

Cortisol, a stress hormone, helps regulate blood sugar levels, metabolism, immune response, and blood pressure. It balances electrolytes. It causes the “fight or flight” response. Usually when danger passes, brain signals reduce cortisol production. If it stays elevated, though, it can wreck your health.

Chronic elevated cortisol plays a role in many disease processes including diabetes, cancer, cardiovascular disease, metabolic syndrome, and Alzheimer’s, as well as anxiety and depression.