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Signs & Symptoms of Cortisol Deficiency and Excess

Cortisol Deficiency

- Fatigue
- Sugar cravings
- Allergies
- Chemical sensitivity
- Stress
- Cold Intolerance (Low Thyroid)
- Irritable
- Arthritis
- Heart Palpitations
- Aches & Pains

Cortisol Excess

- Sleep disturbances
- Bone loss
- Fatigue
- Weight-waist
- Loss of Muscle mass
- Thin skin
- Elevated Triglycerides
- Breast cancer
- Irritable
- Anxious
- Memory Lapse
- Heart Palpitations
- Headaches
- Stress
- Cold Body Temperature
- Sugar cravings
- Low Libido
- Hair loss
- Increased facial hair
- Increased body hair

- Acne
- Nervousness