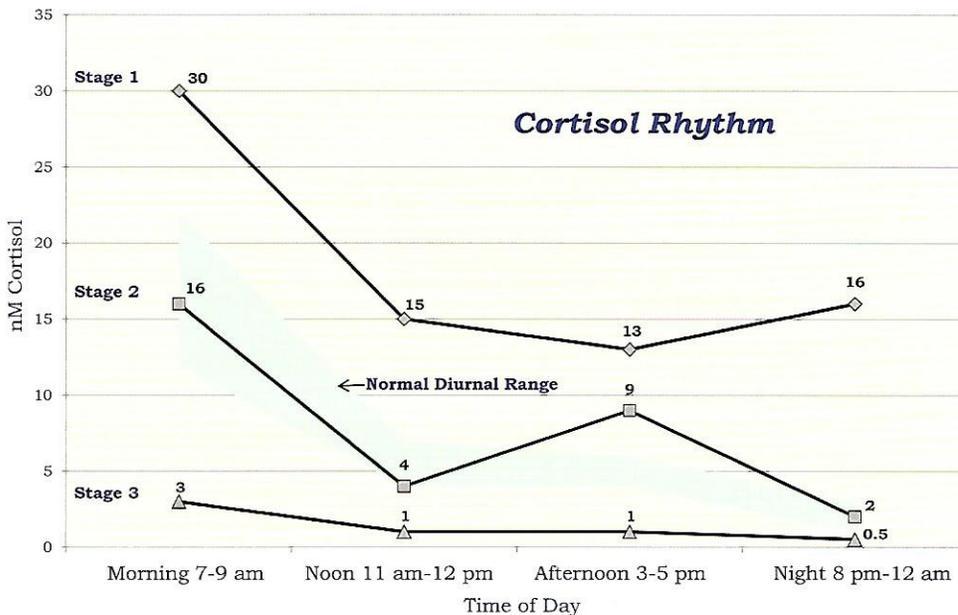
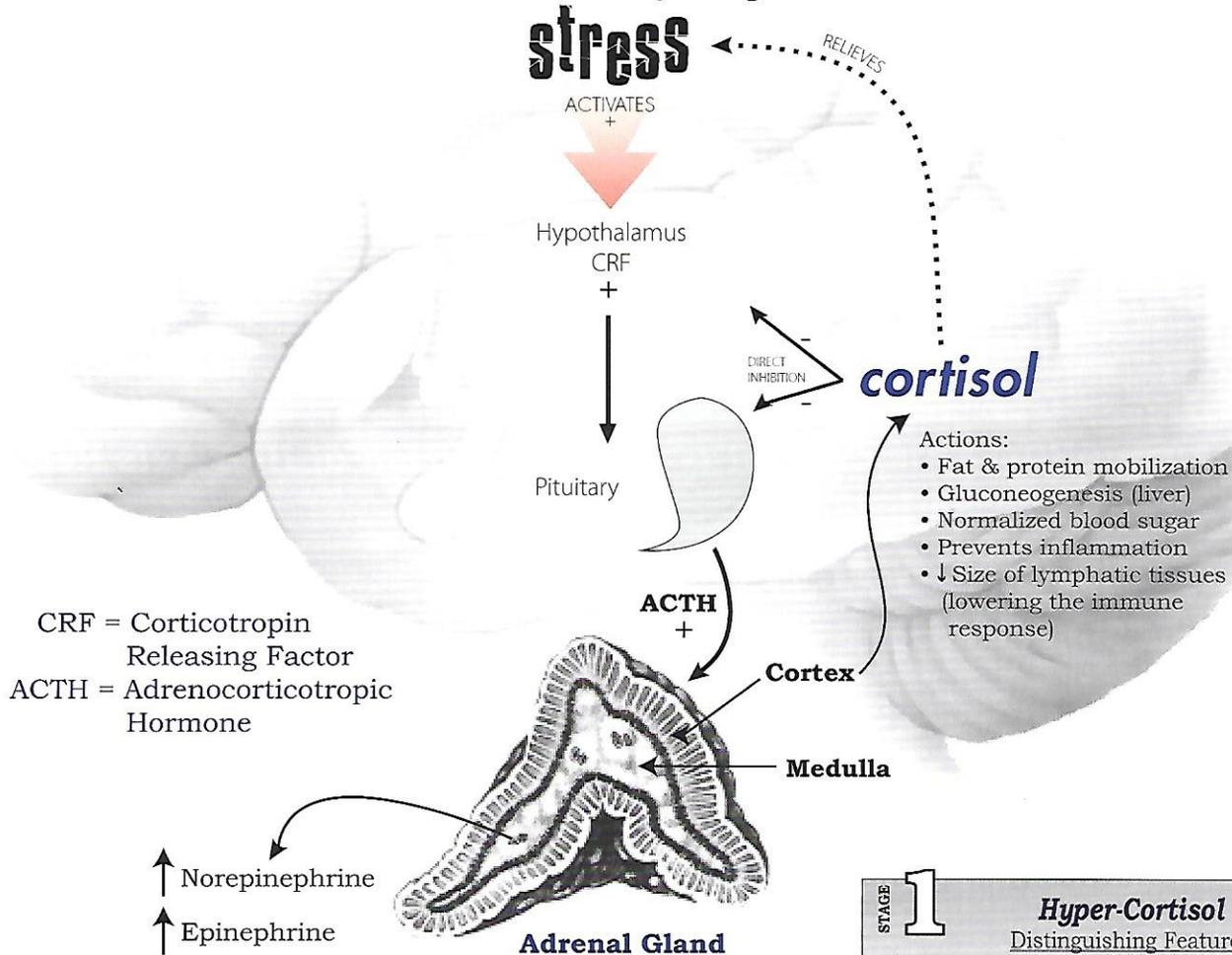


HPA Axis Dysfunction

Actions, Repercussions & Recovery



Stress Recovery Program



STAGE 1

Hyper-Cortisol

Distinguishing Features

- High stress reaction
- Elevated cortisol
- Anxiety
- Immune suppression
- Insomnia
- Restlessness

Alarm: Stressed and Wired

STAGE 2

Cortisol Dominant

Distinguishing Features

- Irregular cortisol rhythm
- Additional hormonal irregularities
- Mood, sleep cycle issues
- Difficulty concentrating
- Frequent energy crashes
- Blood sugar imbalances

Resistance: Stressed and Tired

STAGE 3

Hypo-Cortisol

Distinguishing Features

- Low cortisol
- Fatigue, depression
- Pain, severe inflammation
- Hormonal imbalances
- Immune depletion

Exhaustion: Down and Out



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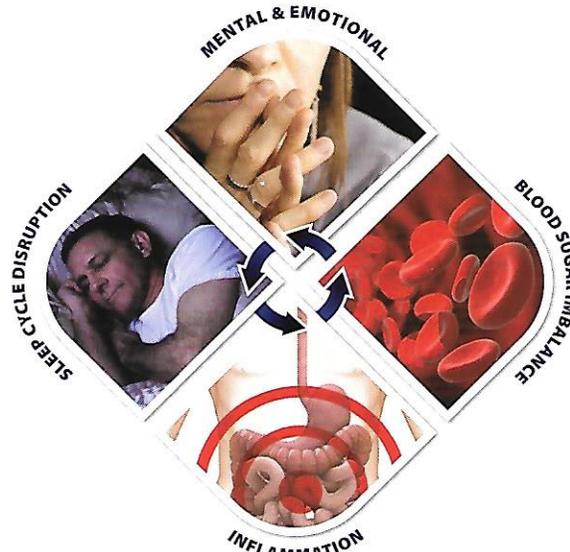
Stress Factors

Mental/Emotional

Anxiety
Depression
PTSD
Fear, worry
Restless mind

Sleep Cycle Disturbances

Not sleeping enough hours
Unable to fall into a deep sleep
Difficulty falling asleep
Inconsistent sleep schedule
Shift work issues



Blood Sugar Imbalances

Elevated blood sugar
Hypoglycemia
Increased oxidative stress
(decreased antioxidant reserve)
Abdominal obesity
Metabolic syndrome
Hyperlipidemia
Hypertension

Inflammation

Musculoskeletal: back, joint pain
GI: dysbiosis, Crohn's disease, diverticulitis
Dermatological: eczema, psoriasis
Auto-immune: MS, lupus, rheumatoid arthritis
Immunological: food allergies, chronic infections

Taking Back Glycemic Control is the Foundation of HPA Axis Recovery

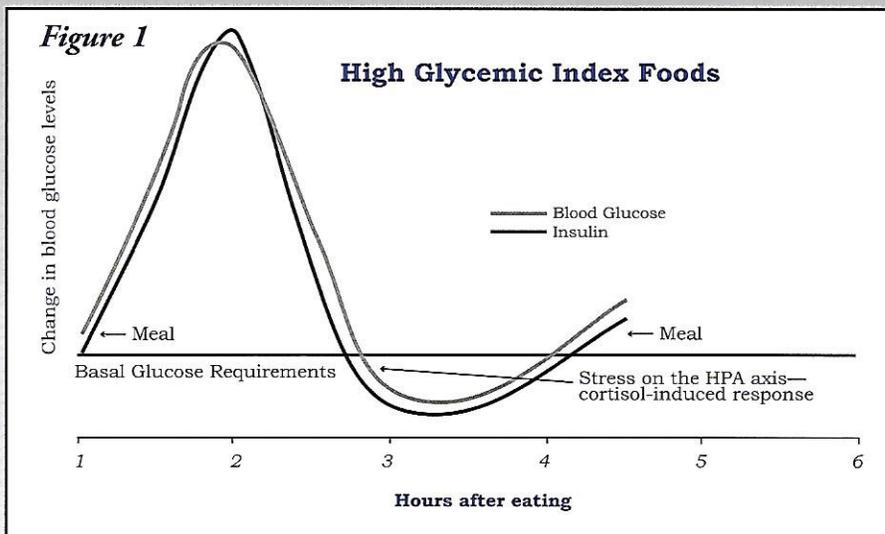


Figure 1 shows the effect of high-glycemic meals, skipping meals or going longer than three to four hours between meals, which causes stress on the HPA axis and a cortisol-induced response.

As shown in **Figure 2**, consuming a low-glycemic meal containing balanced protein, carbohydrates, fat and supportive nutrients helps maintain healthy blood glucose for longer periods.

