



AIM WELLNESS MEDICAL SPA

Cortisol Reset Guide

Why Cortisol Matters

- Cortisol is your main stress hormone and follows a daily rhythm—highest in the morning, lowest at night.
- Balanced cortisol supports energy, sleep, metabolism, blood sugar, blood pressure, and immune function.
- Chronic stress, poor sleep, caffeine, and hormonal changes can disrupt this rhythm, leading to fatigue, anxiety, belly fat, and poor health.

Symptoms of Cortisol Imbalance

- High cortisol: anxiety, belly weight gain, poor sleep, high blood pressure, frequent infections.
- Low cortisol: fatigue, brain fog, depression, dizziness, sugar/salt cravings.

Lifestyle & Daily Habits

- Intermittent fasting (12–16 hours) helps regulate insulin and cortisol balance.
- Morning sunlight exposure resets circadian rhythm and signals healthy cortisol rise.
- Cold therapy (cold plunge/showers) builds resilience and balances morning cortisol.
- Strength training builds metabolic resilience, while yoga/breathing lowers stress.
- Evening: blue light blockers, sigh cyclic breathing, and a cool bedroom (64–67°F) to lower cortisol naturally.

Nutrition for Healthy Cortisol

- Eat balanced meals with protein, healthy fats, and fiber to avoid sugar crashes.
- Reduce caffeine, alcohol, and processed sugar.
- Stay hydrated to support adrenal function.

Supplements & Natural Support

- Ashwagandha – balances cortisol and supports sleep.
- Rhodiola – boosts resilience and focus.
- Holy Basil – reduces stress perception.
- Phosphatidylserine – lowers nighttime cortisol.
- Magnesium & B vitamins – restore adrenal energy.
- Curcumin – reduces inflammation that worsens adrenal fatigue.

AIM Wellness Therapies

- Infrared Sauna – promotes detoxification, lowers stress, improves sleep quality.
- PEMF Pro Mat – supports cellular recovery, relaxation, and nervous system balance.
- Wellness Injections – B vitamins, glutathione, and other nutrient boosts to restore energy.

Key Takeaways:

- Cortisol chaos can drain your energy, mood, and health—but balance is possible.
 - Daily habits, targeted supplements, and AIM Wellness therapies can reset your cortisol rhythm.
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- We'll help you design a personalized plan to restore balance and vitality.
- **Call us today at 606-393-6193 to schedule your Comprehensive Hormone Consultation or visit www.aimforchange.net**