Stress and Disease

Objectives:
- Understand how stress causes HPA axis dysfunction, which leads to symptoms and disease, and how these symptoms can be corrected (without the use of prescription medications) to restore patient health.
- Learn how to use lab tests to diagnose functional HPA axis problems
- Discuss lifestyle changes to support healthy stress responses, including nutrition, exercise, and stress management strategies
- Discuss nutritional supplements to support adrenal health, and review the medical evidence to support the use of these nutrients

Stress (both emotional and physiological) is well known to affect health and disease, but unfortunately this is often overlooked in conventional medicine, and medical providers typically do not have the training or tools to help their patients address this important issue. Addressing HPA axis function and adrenal health can result in symptom improvement or resolution and increased patient satisfaction, and can frequently help patients avoid or discontinue prescription medications such as anti-depressants, sleeping pills, and anxiolytics. Case studies will be presented to illustrate effective approaches to this extremely pervasive clinical problem.