



Diabetes: Cortisol & Glucose Connection

Stress hormones strongly influence blood sugar. Cortisol raises glucose even without food intake. Chronic stress mimics poor diet effects. Managing stress is glucose control.

Cortisol signals the liver to release glucose for perceived threat. In insulin-resistant individuals, this causes sustained hyperglycemia. Poor sleep amplifies this effect.

Lab trends often show elevated fasting glucose during high-stress periods.

Reducing stress improves glucose control independent of diet changes.

01 Is This Your Story?

A patient's glucose worsens during work stress despite stable eating. When stress management and sleep improve, fasting glucose normalizes without medication changes.

02 Try This Today

Measure: Track stress and glucose patterns together.

Do: Add one daily stress-lowering practice.

Reflect: Ask whether cortisol is driving glucose elevation.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

