

Cortisol

Your Morning Alarm Hormone

Cortisol is designed to rise with the sun — giving you the alertness, focus, and natural energy to start the day. But when stress keeps it elevated long after morning, the body slips into “always on” mode, leading to fatigue, cravings, and trouble sleeping. Think of cortisol as your internal cup of coffee: a small morning boost is perfect, but sipping it all day makes everything jittery. Learning to work with cortisol rather than against it helps restore calm, steady energy. Lipoprotein (a) = a genetic version of LDL that raises risk for plaque.

Cortisol = the hormone that wakes you up, keeps you alert, and rises with stress.

01 Mini Teaching
Short bursts = energy. Constant surges = belly fat, fatigue, poor sleep.

02 Example
Think of cortisol as your built-in cup of coffee. A little boost in the morning is great; staying wired all day is like chugging espresso at midnight.

03 Try This Today
Take three deep breaths before opening email. Calm mornings set calmer hormones.

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