



Primary Effects of Cortisol on Target Tissue Cells

- Decreased glycogenesis (hepatic)
- Increased proteolysis
- Increased lipolysis
- Reduced interleukin-1 (T-cells)
- Altered leukocyte distribution
- Reduced osteogenesis (bone)
- Sensitization to norepinephrine and epinephrine (endothelium)
- Reduced histamine secretion

Symptoms of Cortisol

Deficiency

and

Excess

- Chronic weakness
- Weight loss
- Fatigue
- Decreased stress tolerance
- Anorexia
- Alternating diarrhea & constipation
- Salt craving
- Postural dizziness
- Muscle or joint pain
- Hyperpigmentation
- Hypotension
- Anemia

- Sugar craving
- Central obesity
- Insulin resistance
- Weakness
- Shakiness between meals
- Irritability
- Hypertension
- Bruising easily
- Amenorrhea
- Impotence
- Oily skin
- Sleep disturbances
- Headaches