

Cortisol Signs and Symptoms

- Fatigue (most common symptoms)
- Headaches with mental and physical exertion
- Weak immune system
- Allergies
- Slow starter in the morning
- Gastric ulcer
- Afternoon headache
- Fullness or bloated feeling
- Crave sweets, caffeine or cigarettes
- Blurred vision, unstable behavior
- Get shaky or lightheaded if meals are missed or delayed
- Irritable before meals
- Eating relieves fatigue
- Cannot stay asleep or fall asleep