



25 NATURAL WAYS TO LOWER CORTISOL (MUST KNOW!)



Drink kefir

A probiotic dairy product that helps lower cortisol.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5641835/>



Take up a hobby

Or participate in an art therapy or music class.

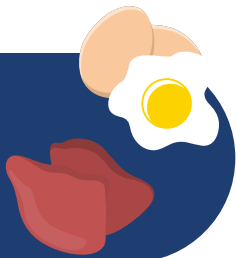
Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5004743/>



Combine Healthy Keto® with intermittent fasting

to calm the nervous system and increase stress resilience.

Study: <https://pubmed.ncbi.nlm.nih.gov/30075165/>



Eat egg yolks and organ meats

to boost choline, an essential nutrient that can lower cortisol in infants.

Study: <https://news.cornell.edu/stories/2012/05/>



Take nutritional yeast or enjoy sunflower seeds

for vitamins B1 and B5, which help lower stress and anxiety.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770181/5/>



Eat dark, leafy green vegetables

to boost potassium and magnesium, which stimulate the parasympathetic nervous system and help deactivate the fight-or-flight response.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5452159/>

Study on magnesium: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3198864/>

Study on potassium: <https://www.cambridge.org/core/journals/british-journal-of-nutrition>



Add Dr. Berg Adrenal & Cortisol Support

to your daily supplement routine to boost stress resilience.

Take long walks in nature

to remove you from everyday stressors and reduce cortisol levels. Specific stress-reducing compounds released by pine trees, such as limonene and pinene, may promote restful sleep and contribute to lower stress.

Study on walking benefits: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6064756/>

Study on limonene benefits: <https://www.sciencedirect.com/science/article/abs/pii/>

Study on being in the forest: <https://pubmed.ncbi.nlm.nih.gov/17055544/>



Physical activity and exercise

help the body metabolize and eliminate excessive adrenaline and cortisol.

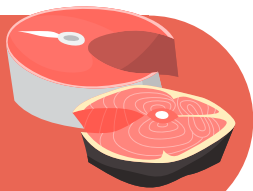
Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7296409/>



Eat salmon

and other oily fish that are rich in omega-3 fatty acids. Low intake of omega-3 fats is associated with elevated cortisol levels.

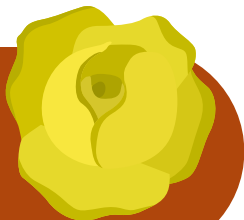
Study: <https://pubmed.ncbi.nlm.nih.gov/21784145/>



Consume sauerkraut, pickles, and kimchi

Fermented foods contain Lactobacillus strains that can increase oxytocin, a mood-enhancing hormone and powerful cortisol inhibitor.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7474752/>

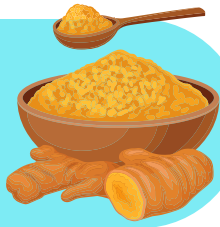


Drink green tea

Epigallocatechin-3-gallate (EGCG) is a powerful phytonutrient in green tea with potent stress-lowering properties.

Study: <https://www.mdpi.com/2072-6643/14/9/1712>





Adding curcumin

to your diet may lower cortisol and increase your stress resistance.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6372632/>



Take emodin

also known as Japanese knotweed. Emodin has been shown to regulate stress hormone production and lower cortisol.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8350171/>



Practice a calming breathing pattern

Breathe in through your nose for five seconds and breathe out for five seconds. This rhythmic pattern of around six breaths per minute can reduce blood pressure and lower stress.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5455070/>



Ashwagandha

is a potent adaptogenic herb that can lower cortisol levels and help the body adjust to the effects of stress.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6979308/>



Vitamin D and sunlight

help stabilize your circadian rhythm, which can naturally support healthy sleep and balanced cortisol levels.

Study: <https://www.mdpi.com/2072-6643/15/10/2301>



Listening to calming music

can stimulate the parasympathetic system and promote balanced cortisol levels.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4739605>



Infrared light

has been found to increase melatonin, a sleep-promoting hormone that can counteract the adverse effects of stress.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2905913/>



Take zinc

an essential mineral that may lower cortisol levels by regulating the production of neurotransmitters needed for a balanced stress response.

Study: <https://www.sciencedirect.com/science/article/abs/pii/S0165032711003533>



Apigenin in celery

is a calming phytonutrient that promotes restful sleep and relaxation. Consume 6 to 7 stalks of celery in the evening.

Study: <https://examine.com/supplements/apigenin/research/>



Holy basil leaf

has stress-reducing properties, promotes healthy sleep, and can improve insomnia and other sleep issues.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9524226/>



Lemon balm tea

can lower cortisol levels, reduce anxiety, and improve well-being.

Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245564/>



Go to the beach

Saltwater is abundant in minerals such as magnesium, sodium, potassium, and selenium, which are known for their cortisol-lowering properties. The combination of saltwater, negative ions, sunlight, and the sound of water can create a profound sense of relaxation.

Study on proximity to beach: <https://www.sciencedirect.com/science/article/abs>

Study on Negative Ions: <https://www.mdpi.com/1422-0067/19/10/2966/htm>