

Belly Fat, Insulin Resistance, and Stress Hormones

You **FEEL** anxious, bored, angry, lonely, sad, frustrated, depressed, etc.



You **EAT CARBS** to feel better (at least for a little while)...



Your serotonin levels increase - aaahh - and you feel more calm and happy, but...



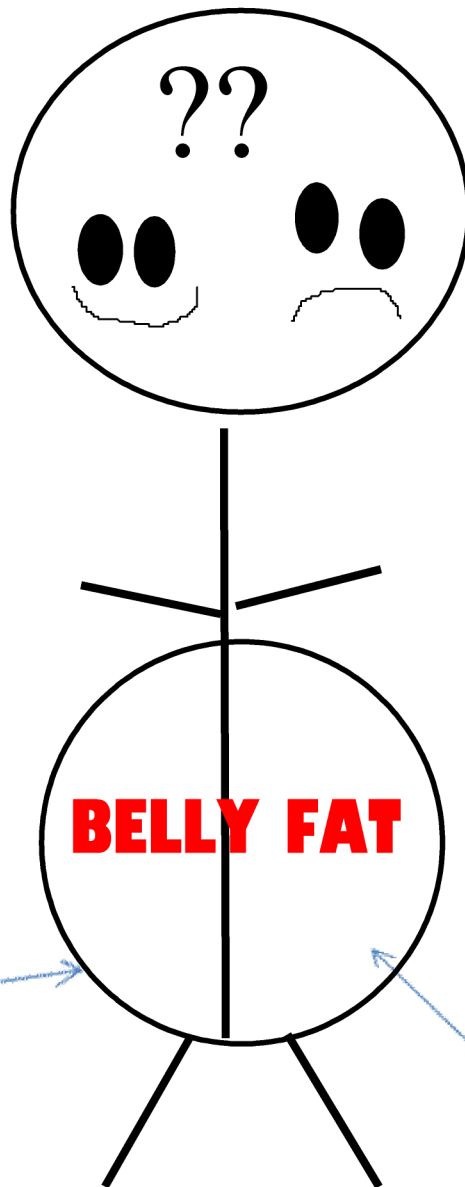
Your blood sugar & insulin levels also rise. Shortly after, your blood sugar crashes. The carbs you ate get stored as belly fat.



You feel like crap again and you repeat the cycle.



Over time, insulin resistance (IR) develops. Symptoms are high triglycerides, low HDL, extra belly fat, high blood pressure, and higher blood sugars. IR is basically pre-diabetes.



STRESS - especially chronic (think job, money, parents, parents, kids, traffic, weight, health) stimulates the adrenal glands.



The adrenals make extra adrenaline and cortisol (stress hormones) for the fight or flight response (that never ends).



These stress hormones increase blood sugars (so you can run from the bear, but there is no bear... just life)... and



Cortisol levels increase - which help you **STORE FAT!**



Over time, you may experience adrenal fatigue. You're tired all the time but you can't sleep and you rely more and more on caffeine, sugar, and "junk" to keep you going.

Recent research shows that tapping (EFT) can significantly reduce cortisol levels and decrease symptoms and anxiety and stress!