



The Keys to Lower Cortisol Cheat Sheet

Here are two simple, natural steps, which you will be able to use immediately to lower your cortisol, increase your energy and lose excess belly fat as your cells start to use fat for energy instead of sugar.

Step 1: Calm the body and mind.

Why?

Among the easiest methods to quiet the body are relaxation exercises. The goal of relaxation techniques is to produce a physiological response known as the “relaxation response”.

You can activate the relaxation response simply by breathing with your diaphragm.

This will literally change your physiology and put your mind and body into proper balance.

Relaxation exercises have been shown to not only help improve blood sugar control in diabetes, but also improve mood and relieve anxiety.

Here is my recommended relaxation exercise:

1. Find a comfortable and quiet place to lie down or sit.
2. Place your feet slightly apart. Place one hand on your abdomen near your navel. Place the other hand on your chest.
3. You will be inhaling through your nose and exhaling through your mouth.
4. Concentrate on your breathing. Note which hand is rising and falling with each breath.
5. Gently exhale most of the air in your lungs.



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6. Inhale while slowly counting to 4. As you inhale, slightly extend your abdomen, causing it to rise about 1 inch. Make sure that you are not moving your chest or shoulders.
7. As you breathe in, imagine the warmed air flowing in. Imagine this warmth flowing to all parts of your body.
8. Pause for 1 second, and then slowly exhale to a count of 4. As you exhale, your abdomen should move inward.
9. As the air flows out, imagine all your tension and stress leaving your body.
10. Focus on relaxing your toes and progressively move up the body as you imagine the stress melting away.
11. Repeat the process until a sense of deep relaxation is achieved.

You will want to do this exercise anytime you feel stress.

Instead of reaching for sweets or carbs, if you try this exercise, you will find that craving melt away.



Step 2: Use PharmaGABA.

PharmaGABA is the natural form of Gamma-aminobutyric acid (GABA) - a major neurotransmitter that is abundantly and widely distributed throughout the central nervous system.

PharmaGABA has been shown to produce relaxation by increasing the alpha to beta brain wave ratio. Preserving salivary antibody production during stress. And reducing markers of stress including cortisol levels.

Once ingested, it appears that it is absorbed easily and binds to GABA receptors in the peripheral nervous system leading to activation of the parasympathetic nervous system.

This arm of the autonomic nervous system is responsible for producing the relaxation response.

PharmaGABA can be used to improve sleep quality as well as stress.

My Recommendations:

- For stress, take it at a dosage of 100 to 200 mg up to three times daily.
- To promote a better night's sleep take 100 to 200 mg at bedtime.
- You will generally feel the effects of PharmaGABA within 5-30 minutes.
- As a general guideline, it is recommended to take no more than 600 mg within a 6 hour period and no more than 1,200 mg within a 24 hour period.

PharmaGABA is completely safe and without any known adverse drug interaction.