

# Parkhurst Chiropractic

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## How Stress Can Affect Your Weight

Chronic stress, whether physical or emotional, causes the release of many different chemicals in your body.



The crazy pace of life in today's society can take its toll on our health. Add to that the very stressful economic times we are living in and it is no surprise that stress related health problems are increasing.

The most common symptoms of stress are headache, fatigue, muscle tension, loss of sleep, irritability and digestive trouble. Chronic stress is also a major cause of weight gain. Many studies continue to show us that we are growing around the waistline in America. Managing your stress levels and ultimately the chemicals your body produces in response to stress can help you lose weight and gain health!

Chronic stress, whether physical or emotional, causes the release of many different chemicals in your body which are primarily secreted by the adrenal glands. These glands are the stress handling glands. They produce a variety of hormones and neurotransmitters to help us handle the stress in our lives. Your adrenal glands can become fatigued in response to long term stress; this then will cause chemical imbalances that will contribute directly to weight gain and increased cravings for foods that are high in sugar, salt and fat. Let's take a look at some of these chemicals.

Cortisol levels directly affect your metabolism. It is responsible for maintaining healthy blood sugar levels between meals and helping to break down fat when we exercise. When we don't have healthy levels of Cortisol we will store fat instead of breaking it down. This fat will end up primarily in the belly. Epinephrine, another stress chemical is also required in breaking down fat. It is very difficult to lose weight without healthy amounts of both of these chemicals. Dopamine and Serotonin levels are almost always diminished in people who are dealing with long term stress. These chemical imbalances are associated with increased cravings especially for carbohydrates.

Fortunately, we now have the ability to test for the levels of these chemicals in your body. If you are dealing with tired adrenal glands and you have been unable to successfully lose weight there are solutions! Once the chemical imbalances have been identified, we can naturally and safely rebalance them and get you on a path to healthy weight management and increased energy. The process is simple and benefits can be felt in as little as 2-3 weeks. Healthy adrenal glands will improve the quality of your sleep, energy levels and mood as well as help you reach and maintain your ideal weight.



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