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Cortisol, Stress And Body Fat

By Tom Venuto

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Big Claims, Little Proof

After a web search on the subject of cortisol, here are some of the claims you may find:

What is cortisol?

Why does your body produce cortisol?

Body Composition Tracker

What does cortisol do?

How do you know whether your cortisol levels are high?

What is a normal level of cortisol?

Should you get your cortisol levels tested?

Is cortisol related to abdominal obesity?

Does Cortisol Make you fat?

The Ideal Body Fat Loss Guide

Does stress make you fat?

Is cortisol is bad for you?

Can suppressing cortisol improve your muscle growth and strength?

Should you take a cortisol-suppressing supplement to help you lose weight?

300 Breakthrough Stress Relief Tips

Should you take a cortisol-suppressing supplement to help control your stress levels?

What should you do if you have a lot of stress in your life?

What's in those cortisol pills anyway?

Amazing Weight Loss Diet Secrets!

How can you lower your cortisol levels naturally?

* Use stress reduction techniques (stress, anger, anxiety, and fear can raise cortisol)

Stress The Silent Killer

* Get plenty of quality sleep (sleep deprivation, as a stressor, can raise cortisol).

* Avoid or minimize use of stimulants; caffeine, ephedrine, synephrine, etc.

* Limit alcohol (large doses of alcohol elevate cortisol).

* Stay well hydrated (at least one study has suggested that dehydration may raise cortisol).

How do you spot a weight loss pill scam?

Conclusions

<http://www.burnthefat.com>

. To get Tom's free monthly e-zine, visit

<http://www.fitren.com>

Natural Stress Relief

Relieving Stress with Exercise... and Losing Body Fat in the Process!

By Jamie Clark

Relieving Stress with Exercise

Control Cortisol, Lose Weight

Summary

Get Instant Relief From Stress & Anxiety

Jamie Clark is a fitness writer and editor of the popular 'Really Useful Fitness Blog' located at:

<http://www.fitfaq.com/blog.html>

<http://www.fitfaq.com>

Burn The Fat Feed The Muscle

Relieving Stress with Exercise... and Losing Body Fat in the Process!

Lose Weight While You Sleep

Your Brain's Response To Acute Stress!

Mom's Job Stress May Spread to Kids

Scales Are For Fish, Not Weight Loss

Stress The Silent Killer

Obesity and Weight Loss

30-Day Low Carb Diet 'Ketosis Plan'

Beat that Fat

Time Stretching Tips

Muscle Building And Fat Loss Program

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