

SOP: LOW CORTISOL

SUPPORTING ENERGY AND RECOVERY IN LOW CORTISOL STATES



OVERVIEW

- **Definition:** Chronically low cortisol due to prolonged stress or adrenal burnout. (See *Adrenal Fatigue SOP*).
- **Target Audience:** Women over 40 with persistent fatigue and poor energy regulation.



SIGNS & SYMPTOMS

- ✓ Persistent fatigue and low energy.
- ✓ Difficulty waking up in the morning.
- ✓ Low blood pressure or dizziness upon standing.
- ✓ Salt cravings.
- ✓ Poor exercise recovery.



WHAT TO TRY: INITIAL STEPS & PROGRESSION

STEP 1: NUTRITION ADJUSTMENTS

- **Sub-step 1:** Prioritize frequent balanced meals (protein, healthy fats, and fiber).
- **Sub-step 2:** Add sea salt to meals to support blood pressure.
- **Sub-step 3:** Eat small, frequent meals vs 3 meals with no snacks.
- **Sub-step 4:** micro and macronutrient assessment (labs and or MacrosFirst app)

STEP 2: GENTLE EXERCISE

- **Sub-step 1:** Focus on restorative activities like walking or yoga.
- **Sub-step 2:** Avoid moderate to high intensity cardio or HIIT.
- **Sub-step 3:** Include short strength training 2-3x per week.

STEP 3: STRESS REDUCTION TECHNIQUES

- **Sub-step 1:** Implement guided relaxation techniques daily.
- **Sub-step 2:** Schedule consistent breaks throughout the day.
- **Sub-step 3:** Prioritize sleep (See *Insomnia SOP*).
- **Sub-step 4:** Assess what got her here and what's going to change.



SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** Energy levels, blood pressure, sleep patterns.
- **Recommended Tools/Apps:** WHOOP, Fitbit, habit tracker.
- **Frequency of Check-ins:** Weekly for 4 weeks.



COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Client feels guilty for slowing down.
 - **Solution:** Emphasize rest as a recovery strategy, not weakness.
- **Challenge 2:** Poor sleep quality despite fatigue.
 - **Solution:** Adjust nighttime hygiene habits.



CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Gentle, validating, and supportive.
- **Key Phrases to Use:**
 - *"Rest is productive; it's how your body rebuilds."*
 - *"Small habits add up to big results over time."*



REFERENCES & RESOURCES

- Flipping 50 blogs, podcasts, module on stress, hormones, bonus on Adrenal Fatigue.
- <https://www.sciencedirect.com/science/article/pii/S0306453022001846>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4540814/#:~:text=However%2C%20in%20participants%20with%20moderate,activity%20on%20adrenal%20fatigue%20status>



NEXT STEPS FOR PRACTITIONERS

- ☐ Reevaluate strategies every 4 weeks.
- ☐ Refer to a functional medicine specialist if energy levels do not improve or worsen.



NOTES SECTION
