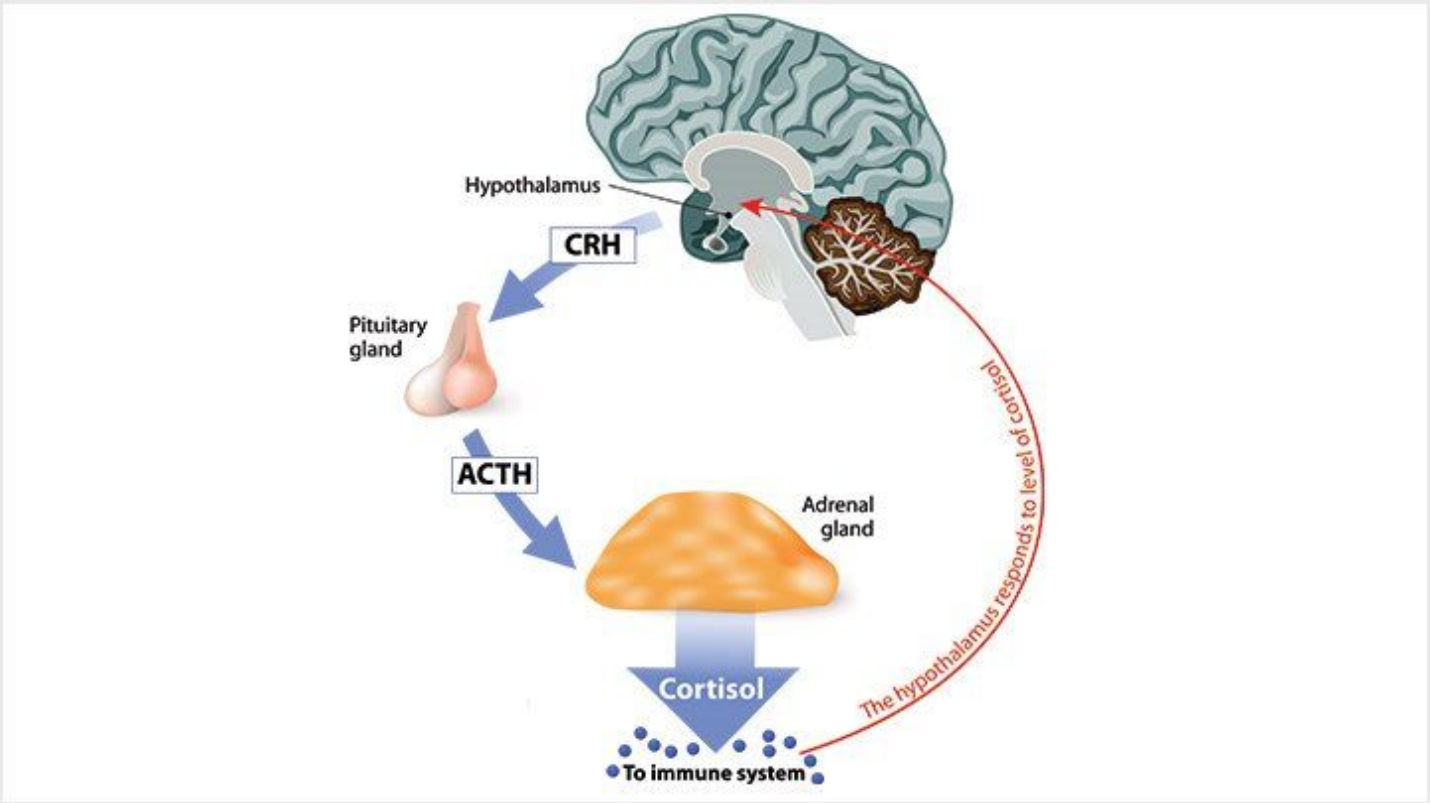
Twitter Thread by Bioenergetic Breaux

Bioenergetic Breaux
@ColliNof1

Cortisol will ruin you

If you let it get away from you, chronic stress will lead to chronic disease and chronic disease will lead to early death

What are the best ways to lower cortisol?



1) Don't follow extreme diets

Cutting out all carbohydrates or fasting for 36 hours is going to wreak havoc on your stress hormones.

Although you may experience short term weight loss, it's going to hurt you in the long-term.

A balanced macronutrient ratio is best to aim for.

2) Get out in nature

Idc if you live in Alaska or Guatemala, connecting with nature daily will do more for your health than any biohack ever will

Reconnect to your ancestral roots and make it a habit.

Grounding/earthing, forest bathing, hikes, ocean swims, etc

3) SLEEP

You CANNOT neglect your sleep. I don't care how tough or alpha you think you are. It will eventually catch up with you.

@holisticnicola just released a great guide on sleep. Go check that out now as I read it and agree with everything inside.

MAKE THIS A PRIORITY

4) Improve your testosterone

Anything that improves your testosterone levels will decrease cortisol.

Here's a start:
-lower body fat
-eliminate PUFAs
-resistance training
-no alcohol
-sleep 8+ hours
-nutrient dense diet
-do cool shit

5) Faith/spirituality

I'm not a minister, but Christianity has been a HUGE component for easing my worries.

We live in a world where sometimes it's easier to be nihilistic and hard to see the big picture. This is where spirituality comes in.

Prayer/meditation WILL HEAL YOU.

6) Cut out alcohol and drugs

There's a difference between covering up your stress with drugs and actually facing/managing it.

Drinking alcohol today will suppress your anxiety today and leave you more anxious tomorrow.

You don't need it to de-stress.

7) Exercise

A quick google search of exercise and cortisol will tell you everything you need to know for this one.

What more can I say? Find something you can enjoy that also happens to make you sweat and gets you out of breath.

The endorphins will decrease stress immensely.

8) RED light therapy

Whether it's the sunset, a fancy Joovv device, or just a $3 chicken lamp, red light is incredibly healing and if you've ever felt the effects firsthand, you know it's a very relaxing feeling

Try it out!

And there you have it! Some basics to get you started to CRUSH your excess cortisol, which is holding you back in every facet of your health

To dig in further and really manage your health on a deeper level, my DMs are open for consultation.

Please retweet and follow!