

[Mobile ebook] Adrenal Stress Causes Chronic Disease: quot;The Big Picturequot;

Adrenal Stress Causes Chronic Disease: quot;The Big Picturequot;

Dr. Carly Willeford DNP

*ePub | *DOC | audiobook | ebooks | Download PDF*

Adrenal Stress Causes Chronic Disease



“The Big Picture”

Carly Willeford DNP,
MS, FNP, RN, BSN, BSW

 Download

 Read Online

#12301315 in Books 2015-04-24Format: Large PrintOriginal language:EnglishPDF # 1 9.00 x .10 x 6.00l,
.20 #File Name: 151188503340 pages | File size: 45.Mb

Dr. Carly Willeford DNP : Adrenal Stress Causes Chronic Disease: quot;The Big Picturequot; before purchasing it in order to gage whether or not it would be worth my time, and all praised Adrenal Stress Causes Chronic Disease: quot;The Big Picturequot;:

If you constantly have elevations of cortisol going on from a stressed out life style with mood outburst for example,

you will secrete cortisol. Cortisol has a huge effect on your body's insulin receptors. A side-effect of cortisol secretion is that it "stops" or "down-regulates" or makes the insulin receptor sites not work well. It is like a gate that will not open on the cell membranes. Basically, when you secrete cortisol as a stress response over and over the receptor site antennas learn to not recognize insulin anymore. Is this a problem? Yes!

About the Author Carly Willeford DNP, MS, FNP, RN, BSN, BSW is co-owner of Coastal Carolina Integrated Medicine and Ministry located in the beautiful Carolinas. Dr. Carly is currently completing post doctoral work at Asbury Theological Seminary. Dr. Carly is a proven innovative leader in the Nurse Practitioner field focused on conducting research and promoting scholarly activities related to health and spirituality. Dr. Carly is changing the medical paradigm and focusing on preventative strategies critical to reducing costs, improving population health and improving patient experiences. Dr. Carly is an expert educator as she provides the resources for families to connect to local farmers, sustainable agricultural teachings and practicing simple and sustainable healthy living.