



The Cortisol Connection: Why Stress Makes You Fat and Ruins Your Health – and What You Can Do About It

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Hunter House

This book centers on the effects of chronic stress on the various systems of the body. In a nod to the Sapolsky book, the second section of his first chapter is titled, "*Humans are not Zebras.*" This book is easier to read than the Sapolsky text and more oriented to practical advice. He gives instructions on the effects of stress and what to do to defend the body and enhance health. It is a basic text often quoted by other authors.

The central theme of this book is that stress causes excess levels of the adrenal hormone, cortisol. It describes the effects of excess cortisol and gives instructions on lowering cortisol levels and mitigating its harmful effects.

Two caveats:

When an individual is terribly stressed for a long period of time, the adrenal gland will fail and cortisol and DHEA levels will fall. This condition is often referred to as Adrenal Fatigue, Chronic Fatigue Syndrome or Fibromyalgia. It represents the end stage of chronic cortisol excess described in *The Cortisol Connection*. Talbott does not seem to understand the relationship the two conditions have. I also reviewed the book *Adrenal Fatigue by James Wilson*. Wilson does not seem to understand that cortisol excess is the precursor condition. I see the two problems as part of the same syndrome of chronic stress.

Dr. Talbott sells a lot of products on his website: nutrients, vitamins, books and products for stress relief. There is a lot of good information in the book, but unfortunately, it is an infomercial.

Robert P. Goldman, MD