



The Effects of Stress

on Immune Function and Outbreaks

Whether your adrenal glands are fatigued or working optimally, chronic stress can have a negative impact on the effectiveness of immune function, making staying well and outbreak free an extra challenge.

The elevated cortisol accompanying stress partially suppresses the deeper, adaptive aspects of immunity that protect you over the long term from disease and keep chronic infections dormant.

Since cortisol is the primary anti-inflammatory agent in the body, inflammation can worsen and inflammatory conditions can flare if your adrenals do not produce enough.

Persistent or acute stress and trauma are some of the most common triggers for outbreaks in people with chronic immune efficacy issues.

Chronic stress can leave you more prone to recurrent outbreaks; more susceptible to colds, flu and other infections; and potentially more vulnerable to serious illness and degenerative disease down the road.

Suppression of the immune system can lead to activation of viruses, and both stress and adrenal fatigue can suppress the immune system.

Physical, emotional or psychological stress can trigger an outbreak, as can changes in immune function caused by stress or another infection, such as a cold.