

HPA Axis

Biohacker Report

REPORT CATEGORIES —



MENTAL HEALTH



ENERGY & FATIGUE

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

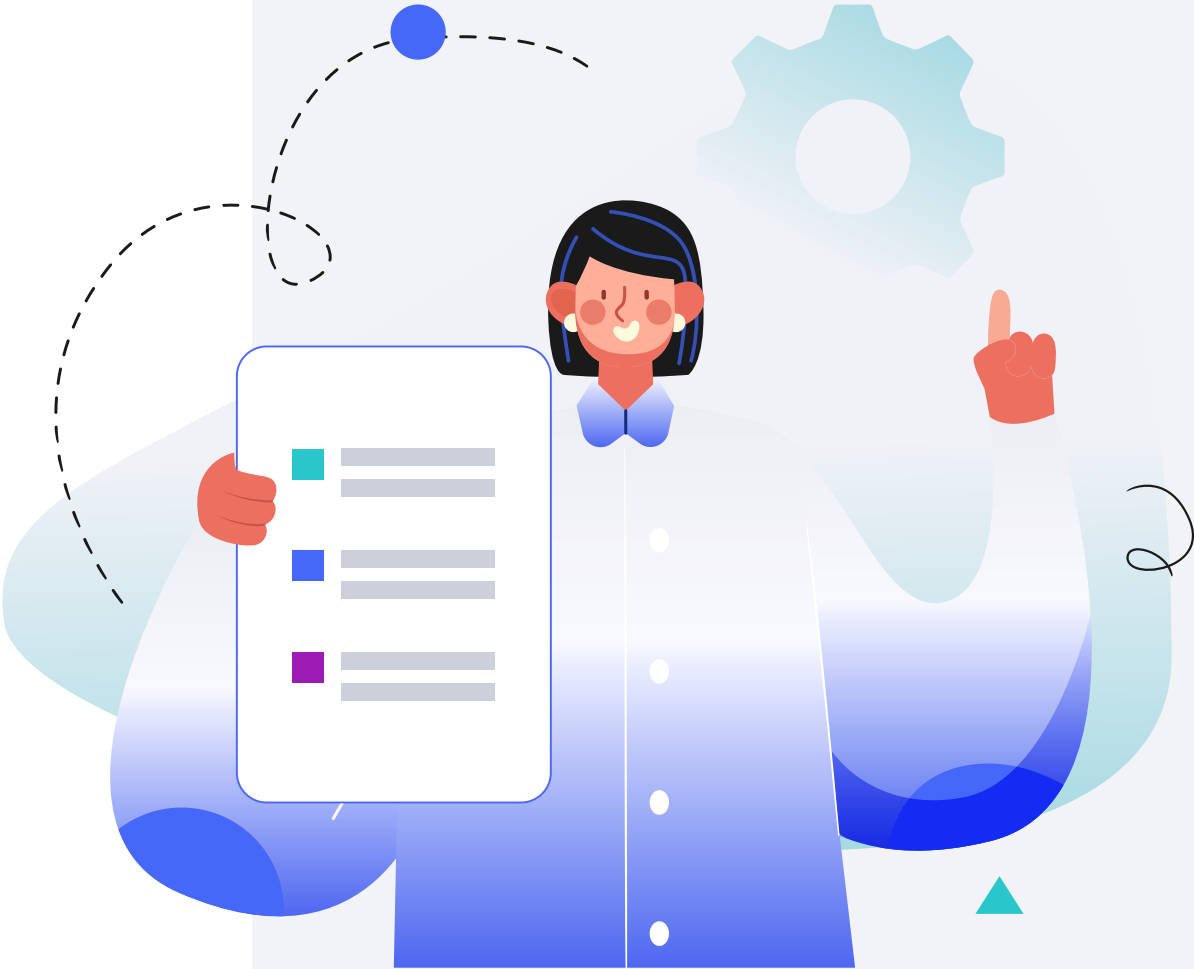
Male

HEIGHT

5ft 5" 165cm

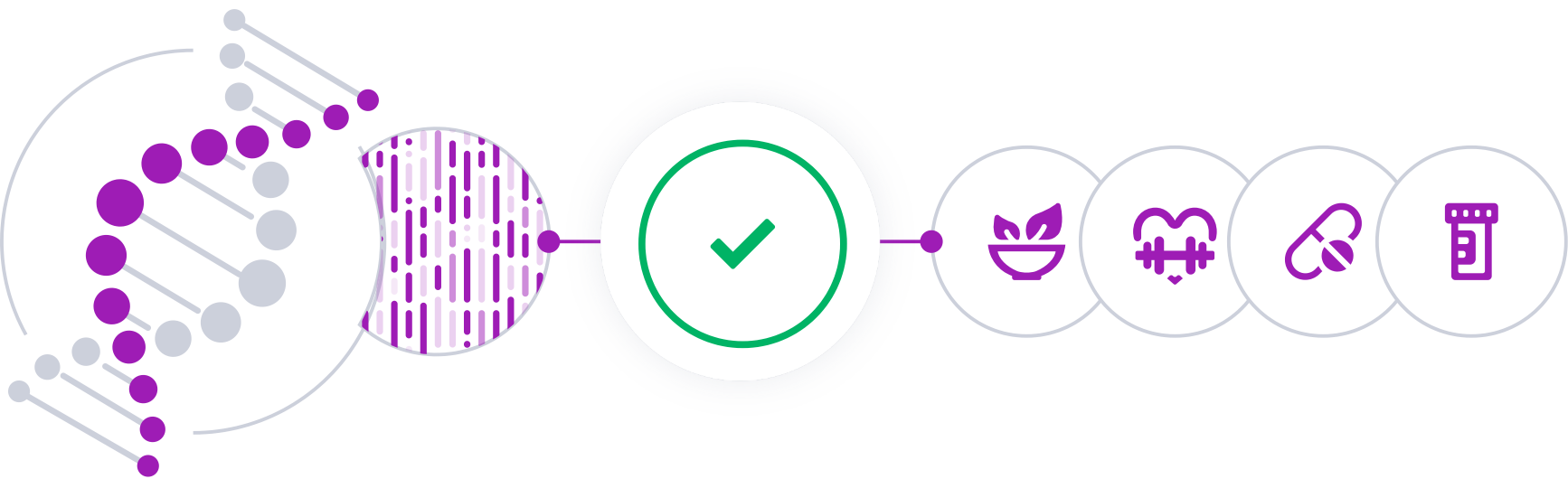
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

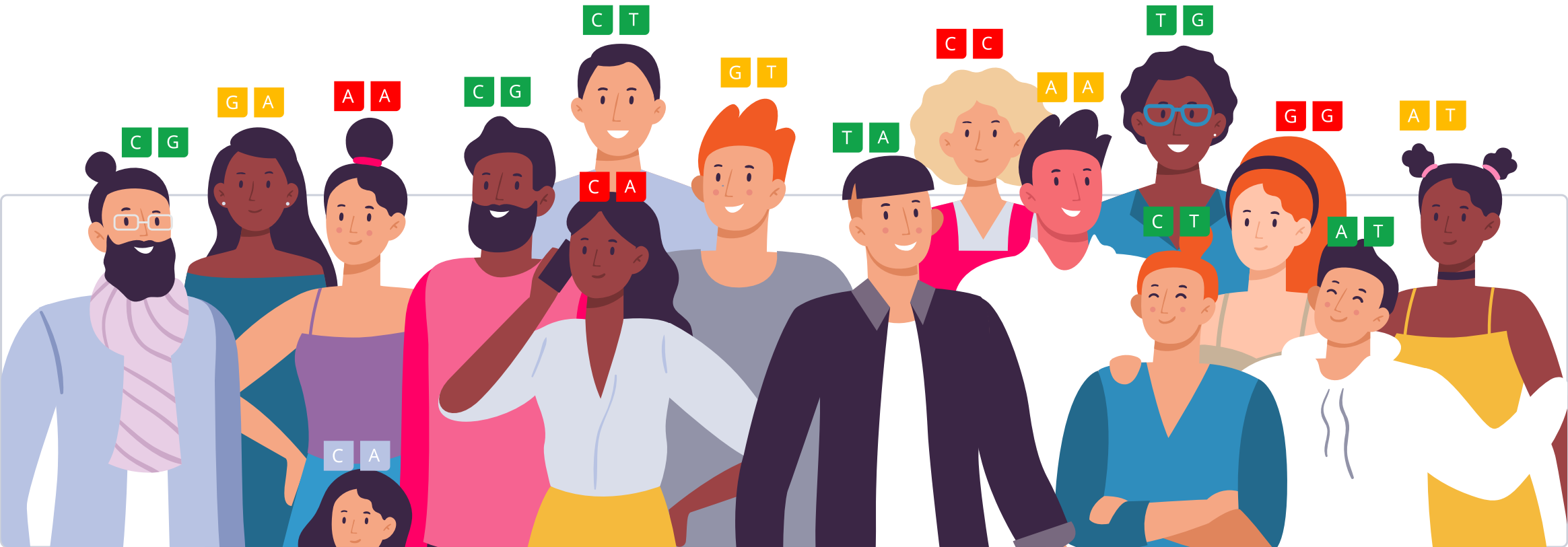


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

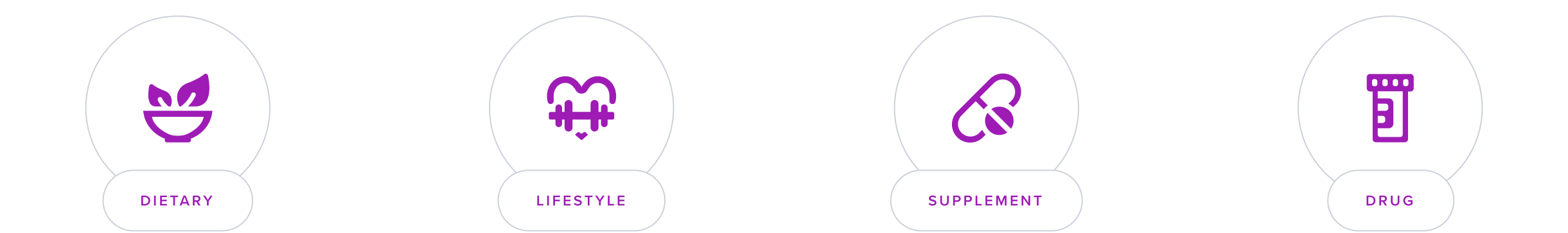
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

The hypothalamic-pituitary-adrenal ([HPA](#)) axis is a neuroendocrine system that controls the release of certain hormones in response to stimulation of the nervous system. Its main purpose is to release cortisol, a “**stress hormone**” that initiates the body’s “fight-or-flight” response.[\[R\]](#).

The HPA axis consists of three main organs:

- **Hypothalamus:** a critical part of the brain that plays a role in releasing hormones, regulating appetite, thirst, sexual behavior, and possibly even sexual orientation [\[R\]](#).
- **Pituitary gland:** a small, pea-sized gland located below the hypothalamus that makes essential hormones such as ACTH or growth hormone [\[R\]](#), [\[R\]](#).
- **Adrenal glands:** small glands on top of the kidneys that release hormones such as cortisol, aldosterone, epinephrine, or norepinephrine [\[R\]](#).

In response to a stressful situation, the hypothalamus releases corticotrophin-releasing hormone ([CRH](#)). This hormone stimulates the pituitary gland to release adrenocorticotrophic hormone (ACTH), which in turn triggers the adrenal glands to release cortisol. This pathway controls bodily functions such as [\[R\]](#), [\[R\]](#),[\[R\]](#),[\[R\]](#),[\[R\]](#),[\[R\]](#):

- [Stress response](#)
- Metabolism of fats, proteins, and carbs
- Blood pressure and heart rate
- Immunity and inflammation

Genetics of HPA Axis Balance

Several genetic variants are associated with HPA axis dysfunction. This can cause excessive cortisol production or activity, leading to anxiety, depression, fatigue, and inflammation [R, R, R].

The [CRHR1](#) gene encodes a receptor for [CRH](#), the first hormone of the [HPA axis](#). This receptor promotes anxiety, arousal, and depression upon activation. Several variants with increased *CRHR1* activity have been associated with PTSD, depression, chronic fatigue, and IBS-related anxiety [R, R, R, R, R, R, R].

The [CRHR2](#) gene encodes another receptor for CRH. Contrary to CRHR1, the activation of CRHR2 receptors *reduces* anxiety, arousal, and depression. Two variants with presumably lower CRHR2 activity have been associated with PTSD [R, R, R, R].

The [FKBP5](#) encodes an immune system protein that also regulates the sensitivity of glucocorticoid receptors, meaning that it may alter the way stress hormones affect the body. Variants with excess FKBP5 activity may reduce your ability to recover from stressful events and have been associated with stress-related psychiatric disorders like PTSD, depression, and bipolar disorder [R, R, R, R, R, R].

The [NR3C1](#) gene codes for the [glucocorticoid receptor](#). Upon activation by [cortisol](#), this protein is able to regulate the production of stress-related, inflammatory proteins. Excess cortisol release may lead to continuous stimulation of the glucocorticoid receptor, which may ultimately lower the sensitivity of the receptor to glucocorticoids. This is called *glucocorticoid resistance*. Several variants causing a reduced sensitivity of the glucocorticoid receptor have been associated with chronic fatigue syndrome [R, R, R, R, R, R].

The [MC2R](#) gene encodes the adrenocorticotrophic hormone (ACTH) receptor. This protein is found primarily in the adrenal glands. The binding of the ACTH hormone triggers the production of glucocorticoids such as cortisol and corticosterone. Variants have been associated with altered response to ACTH [R, R, R].



TYPICAL LIKELIHOOD

Typical predisposition to HPA axis dysregulation based on 28 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ARHGAP27	rs4792887	CC
MAPT	rs12944712	GG
CRHR1	rs17689882	GG
CRHR2	rs2267715	AA
CRHR2	rs2190242	AA
NR3C1	rs2918419	TT
NR3C1	rs6196	AA
MAPT	rs12938031	GA
FKBP5	rs9394314	AG
NR3C1	rs852977	GA
NR3C1	rs1866388	GA
NR3C1	rs6188	AC
NR3C1	rs6198	CT
NR3C1	rs6191	AC
NR3C1	rs10052957	AG
IFI27L1	rs11621961	CT
SERPINA6	rs941601	CT
TULP1	rs9470080	CC
NR3C1	rs6190	CC
NR3C1	rs6189	CC
NR3C1	rs56149945	TT
NR3C1	rs41423247	GG
TULP1	rs3800373	AA
MAPT	rs242941	CC
ARHGAP27	rs242939	TT
MAPT	rs242924	TT
MC2R	rs1941088	GG
FKBP5	rs1360780	CC
MAPT	rs110402	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

The [SERPINA6](#) gene encodes a protein known as corticosteroid-binding [globulin](#), which is responsible for transporting cortisol. Variants with decreased activity result in lower cortisol levels [[R](#), [R](#), [R](#)].

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Endocrine Disruptors	2	Cognitive Bias Modification15 minutes
3	Maintain a Regular Meal Schedule	4	HRV Biofeedback10 minutes
5	Avoid BPA (Bisphenol A) Exposure	6	Stress Management Therapy1 hour
7	Hypnosis20 minutes	8	Relaxation Techniques30 minutes
9	L-Tyrosine500 mg	10	Biofeedback
11	Breathing Techniques10 minutes	12	Holy Basil (Tulsi)300 mg
13	Paced Breathing5 minutes	14	Avoid Triggers

1



Avoid Endocrine Disruptors

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Minimize exposure to endocrine disruptors by opting for organic foods to reduce pesticide intake, using glass or stainless steel instead of plastic containers for food and beverages, avoiding cosmetics and personal care products with parabens or phthalates, and regularly vacuuming and dusting your home to reduce contact with flame retardants found in household dust.

Description

Avoiding exposure to endocrine disruptors, such as certain chemicals found in plastics and pesticides, is crucial for maintaining hormonal balance and reducing the risk of hormone-related health problems.

Endocrine disruptors are chemicals that interfere with the body’s hormone (endocrine) system by [\[R\]](#), [\[R\]](#):

- Blocking the function or activity of hormones
- Mimicking the function of hormones

Based on limited studies, long-term exposure to these chemicals can have negative effects on health [\[R\]](#), [\[R\]](#).

Endocrine disruptors can be found in cosmetics, food products, pesticides, and other common household items [\[R\]](#).

How it helps

Avoiding endocrine disruptors is essential for the proper functioning of the HPA axis as these substances can interfere with hormonal signaling, leading to dysregulation of stress responses and hormonal imbalance.

2



Cognitive Bias Modification

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in daily sessions of cognitive bias modification exercises for at least 15 minutes. These can involve computerized programs or mobile app-based tasks designed to alter negative thought patterns. Continue this practice for a minimum of 4 to 8 weeks to observe noticeable changes in thought processes.

TYPICAL STARTING DOSE

15 minutes

Description

Cognitive bias modification (CBM) is a psychological technique designed to change automatic cognitive biases or negative thinking patterns associated with mental health issues. It aims to promote more positive thought patterns and emotional well-being.

Cognitive bias modification (CBM), also known as Attentional Bias Training (ABT), is a computer-based therapy that teaches you not to focus on negative information [\[R\]](#), [\[R\]](#).

Some people pay more attention to negative information or are more likely to interpret neutral information as threatening. This increases the production of stress hormones and chemical messengers, like [adrenaline](#) and [cortisol](#). CBM aims to “re-train” this attention and interpretation bias [\[R\]](#).

How it helps

Cognitive Bias Modification (CBM) helps by restructuring negative thought patterns that elevate stress responses, leading to improved regulation of the HPA axis. By fostering positive cognition, it mitigates the psychological stressors that can exacerbate HPA axis dysfunction.

3



Maintain a Regular Meal Schedule

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar ([glucose](#)) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [R](#), [R](#):

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [R](#), [R](#):

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Maintaining a regular meal schedule stabilizes blood glucose levels, which is crucial for mitigating stress responses mediated by the HPA axis. This stability helps reduce cortisol fluctuations, promoting overall hormonal balance and mental well-being.

4



HRV Biofeedback

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice HRV biofeedback sessions for 10-20 minutes daily, ideally with the guidance of a trained professional or using a reliable app that measures your heart rate variability. Focus on controlled breathing techniques during these sessions to improve your HRV over time.

TYPICAL STARTING DOSE

10 minutes

Description

Heart rate variability (HRV) biofeedback is a technique that helps individuals manage stress and improve their overall well-being by training them to regulate their heart rate variability. It can enhance emotional resilience and reduce the impact of stress on the body.

How it helps

HRV biofeedback enhances parasympathetic nervous system activity, promoting relaxation and reducing cortisol levels, thereby supporting optimal HPA axis function. This may lead to improved stress resilience and emotional regulation, which are crucial for overall health.

5



Avoid BPA (Bisphenol A) Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid BPA exposure, choose BPA-free products, particularly when selecting food containers, water bottles, and baby bottles. Prefer glass, porcelain, or stainless steel containers, especially for hot food or liquids. Reduce use of canned foods as they may be lined with BPA and avoid handling thermal paper receipts, as they can contain BPA. When possible, select fresh or frozen foods over canned goods.

Description

Avoiding BPA (Bisphenol A) exposure involves minimizing contact with products or containers containing this chemical, which is commonly found in plastics and can potentially disrupt hormone regulation.

BPA (bisphenol A) is a chemical used to make certain plastics and resins. BPA-containing plastics are often used in containers that store food and beverages. Plastics marked with **recycling code 3 or 7** may contain BPA [\[R\]](#).

BPA is a well-known hormone disruptor. Research has linked BPA exposure to diabetes, heart disease, altered behavior, and more [\[R\]](#).

How it helps

Avoiding BPA exposure helps maintain hormonal equilibrium by preventing endocrine disruption, which can adversely affect the hypothalamic-pituitary-adrenal (HPA) axis. This reduces the risk of hormonal imbalances that contribute to stress-related health issues.

6

Stress Management Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Stress management therapy aids in normalizing HPA axis function by reducing cortisol levels under chronic stress, which promotes a balanced hormonal response and helps prevent dysfunction associated with stress-related disorders.

7



Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in a hypnosis session with a qualified practitioner for 20-30 minutes, 1-2 times per week. Consistency over several weeks to months is important for optimal benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Hypnosis is a therapeutic technique that may help individuals manage stress, anxiety, and certain behavioral issues. It involves deep relaxation and focused attention and can be used to address various mental and emotional health concerns.

Hypnosis is a trance-like state meant to [\[R\]](#) [\[R\]](#):

- Promote relaxation
- Sharpen focus
- Make a person more open to suggestions

Despite the way it's often portrayed in the media, hypnosis is a real practice used to support mental health [\[R\]](#) [\[R\]](#).

Only a licensed professional should help you achieve hypnosis.

How it helps

Hypnosis aids in regulating the HPA axis by promoting relaxation and reducing stress and anxiety levels. By lowering cortisol levels and enhancing emotional resilience, it may alleviate symptoms related to HPA axis dysfunction.

8



Relaxation Techniques

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Relaxation techniques help regulate the HPA axis by reducing cortisol levels and promoting a balanced stress response. This alleviates stress-related symptoms and supports overall mental and physical well-being.

9



L-Tyrosine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-2000 mg of L-Tyrosine supplement daily, preferably 30 minutes before meals or snacks. This can be taken in one dose or divided into two doses throughout the day. Continue this supplementation daily for a duration of at least a few weeks to assess its effects on your body.

TYPICAL STARTING DOSE

500 mg

Description

L-tyrosine is an amino acid used by the body to produce important neurotransmitters and hormones. It may help improve cognitive function, stress response, and overall mood regulation.

[Tyrosine](#) is a **non-essential amino acid**. This means that our bodies can make it from other amino acids like [phenylalanine](#). We can also get tyrosine from **protein-rich foods**, such as [\[R, R\]](#):

- Red meat and poultry
- Dairy, especially cheese
- Legumes (e.g., soybeans and beans)
- Fish
- Nuts
- Eggs

Tyrosine can also be taken as a supplement. People often use it to maintain mental performance during demanding and stressful tasks [\[R, R, R\]](#).

How it helps

L-Tyrosine enhances the synthesis of catecholamines, crucial for optimal HPA axis function, thereby improving stress resilience and cognitive performance. By supporting neurotransmitter production, it helps to mitigate the negative effects of chronic stress on mental health.

10



Biofeedback

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback enhances self-regulation of physiological processes, which can normalize the HPA axis activity by reducing stress hormone levels and promoting a balanced stress response. This can lead to improved emotional regulation and decreased anxiety, contributing to overall HPA axis health.

11



Breathing Techniques

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Breathing techniques enhance HPA axis function by reducing stress hormone levels, which in turn helps to mitigate anxiety and improve emotional regulation. These practices promote relaxation and mental clarity, contributing to better overall physiological responses.

12



Holy Basil (Tulsi)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 300-600 mg of a holy basil extract daily, divided into two doses, with meals. Continue this supplementation for at least one month to observe benefits.

TYPICAL STARTING DOSE

300 mg

Description

Holy basil, also known as Tulsi, is an adaptogenic herb traditionally used in Ayurvedic medicine for its potential to reduce stress, boost immunity, and support overall well-being. It contains compounds believed to have anti-inflammatory and antioxidant properties.

How it helps

Holy Basil modulates the HPA axis by enhancing the body’s ability to cope with stress, thereby reducing cortisol levels and promoting balance in adrenal functions. Its adaptogenic properties support overall resilience and mental clarity during stressors.

13



Paced Breathing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Sit in a comfortable position or lie down. Inhale slowly through your nose for 4 seconds, hold your breath for 7 seconds, and then exhale slowly through your mouth for 8 seconds. Repeat this breathing pattern for 5-10 minutes daily, or whenever you feel stressed or anxious.

TYPICAL STARTING DOSE

5 minutes

Description

Paced breathing is a relaxation technique that involves controlling the rhythm and depth of breaths. It can help reduce stress, anxiety, and lower blood pressure, promoting relaxation and mental well-being.

How it helps

Paced breathing enhances autonomic regulation by promoting parasympathetic activity, which can lower cortisol levels and mitigate the stress response, ultimately leading to improved HPA axis function and better overall stress management.

14



Avoid Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify substances or environmental factors that exacerbate your condition, such as specific foods, stress, or allergens, and actively avoid them. This may involve reading food labels, asking about ingredients when eating out, and making changes to your home or work environment to reduce exposure to identified triggers.

Description

A "trigger" is something that prompts or worsens the symptoms of a health condition. They can be something you eat or come into contact with. Triggers can lead to a wide range of symptoms, such as gut and skin problems and migraines.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A **food trigger** can be something you eat.

A **physical trigger** can cause a change to your body through physical contact. It can include swimming in cold water or something you touch or inhale [\[R, R, R\]](#).

Triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R, R, R, R, R, R, R, R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding triggers helps stabilize the HPA axis by reducing cortisol levels and preventing dysregulation that can exacerbate symptoms. This proactive approach minimizes stress-related responses, promoting overall hormonal balance and well-being.