Stress May be the Cause Of

1. HAIR LOSS
   Stress disrupts hormones and it can lead to hair loss.

2. HEADACHE
   Increased emotion and muscle tension can cause tension headaches.

3. ASTHMA
   Other physical symptoms of stress can result in rapid breathing which in turn can turn into asthma attack.

4. HEART DISEASE
   Stress can cause high blood pressure and high cholesterol that may cause heart disease.

5. WEIGHT GAIN
   Cortisol levels rise under stress causing the body to store excess belly fat.

6. POOR GUT HEALTH
   Chronic Stress can cause upset stomach, heartburn or irritable bowel syndrome.

7. DIABETES
   Stress can raise your blood glucose levels, increasing the risk of Type 2 diabetes.