

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



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