

# Fitness Improvement Requires Stress & Cortisol | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/892704>

## Summary

The transcript discusses the importance of cortisol in the body and the need for cortisol regulation. Cortisol is necessary for reducing inflammation and initiating the recovery process after exercise. It is important to allow for large spikes in cortisol followed by quick recovery. Breathing methods and exercise can aid in down regulation. Paying attention to psychological and physical stress prior to sleep is crucial. Suppressing cortisol can inhibit adaptation and suppress the immune system. Ingesting carbohydrates, especially at night, can help control cortisol levels and improve sleep. It is important to be intentional with cortisol regulation practices to ensure that anabolic responses are not compromised.

## Silo sample questions

- What is the importance of cortisol in the body?
- How can cortisol levels be regulated?
- What is the impact of suppressing cortisol?
- How can carbohydrates affect cortisol levels?
- Why is it important to be intentional with cortisol regulation practices?

## Topics

cortisol regulation

inflammation

exercise and cortisol

carbohydrates and cortisol

intentionality in cortisol regulation

## Key Takeaways

- Cortisol is important for reducing inflammation and initiating the recovery process after exercise. It is necessary for anabolic responses and muscle growth.
- Cortisol levels can be regulated by allowing for large spikes in cortisol followed by quick recovery. Breathing methods and exercise can help with down regulation. It is important to pay attention to psychological and physical stress in the hours prior to sleep.
- Suppressing cortisol can inhibit adaptation and suppress the immune system, especially when cortisol is suppressed in the morning. It can also lead to grogginess and a cycle of stimulation and reduction throughout the day.
- Ingesting carbohydrates, particularly at night, can help control cortisol levels. Carbohydrates signal that energy is available, allowing cortisol to decrease and promoting better sleep.
- Being intentional with cortisol regulation practices ensures that cortisol is used for its intended purpose and that anabolic responses are not compromised. It is important to avoid

unnecessary cortisol suppression.

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