



Note: The length of time in each stage is highly variable; the maximum reported cortisol sum is in excess of 2,000 nM

It is important to note that in all stages of adrenal exhaustion (stages 1, 2, and 3) continued hyperstimulation of the adrenal glands is the common denominator. It is this ongoing hyperstimulation that keeps the body in a state of chronic stress response (“pregnenolone steal” or “cortisol escape”). This is always indicated by an elevated cortisol to DHEA ratio.