

# Modifiable Categories of HPA Axis Stress

Assessing the status or function of an individual's HPA axis is not the same thing as identifying those unique stressor(s) that have contributed to that status or function. Thankfully, while there are hundreds of internal and external signals that affect the HPA axis, most of them can be collected into just a few simple categories. In most subjects with chronic HPA axis dysfunction, creating strategies to modify the stress-signals coming from one or more of these categories will result in great improvement within the stress response system and, ultimately, overall chronic disease progression.

