

Steroid Hormone Pathway  
Pregnenolone / Cortisol Steal

Adrenaline & noradrenaline

Aldosterone

Adrenal glands

Cholesterol

**Stress pulls everything in this direction**

Pregnenalolone  
"Grandmother" hormone

DHEA

Progesterone

**Progesterone is stolen to make Cortisol**

Testosterone

Cortisol

Oestrogen

Constant stress reduces  
pregnenolone, DHEA, Testosterone and  
Oestrogen

