

BROADCAST- Fad or Fact? The truth about the viral "Cortisol Cocktail"

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Fewer young adults are drinking alcohol, and many are turning to health-focused mocktails — including the latest social media trend: the "cortisol cocktail." It's a mix of coconut water, orange juice, and salt, claimed to boost cortisol levels, improve sleep, and fight fatigue. But an OSF HealthCare doctor says those claims don't hold up.

VO or RADIO PACKAGE

OSF HealthCare gastroenterologist Dr. Omar Khokhar (COE-car) says cortisol is produced by the adrenal gland and a condition called adrenal insufficiency in which the body doesn't produce enough cortisol is real. In fact, President Kennedy had it but there is no such thing as adrenal fatigue — a term social media is using.

"Adrenal fatigue has been debunked in 2016 by a meta-analysis, and it is not a true condition. The other pertinent point that people should know is that taking a cortisol mocktail does not in any way shape or form alter your cortisol levels. It has no impact on producing more cortisol or reducing cortisol levels in any way." (:23)

Dr. Khokhar adds the ingredients in a cortisol cocktail offer hydration and Vitamin C, but real benefits come from getting 7-8 hours-a-night of sleep, a healthy diet, and managing stress.