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## 11 Natural Ways to Lower Your Cortisol Levels - Healthline

*How to Lower Cortisol Naturally: 11 Evidence-Based Strategies*

**How to lower cortisol levels: 10 proven ways - Patient**

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**22 Cortisol-Lowering Foods to Reduce Cortisol and Stress**

**Silent signs your cortisol is high - and how to lower it naturally**

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