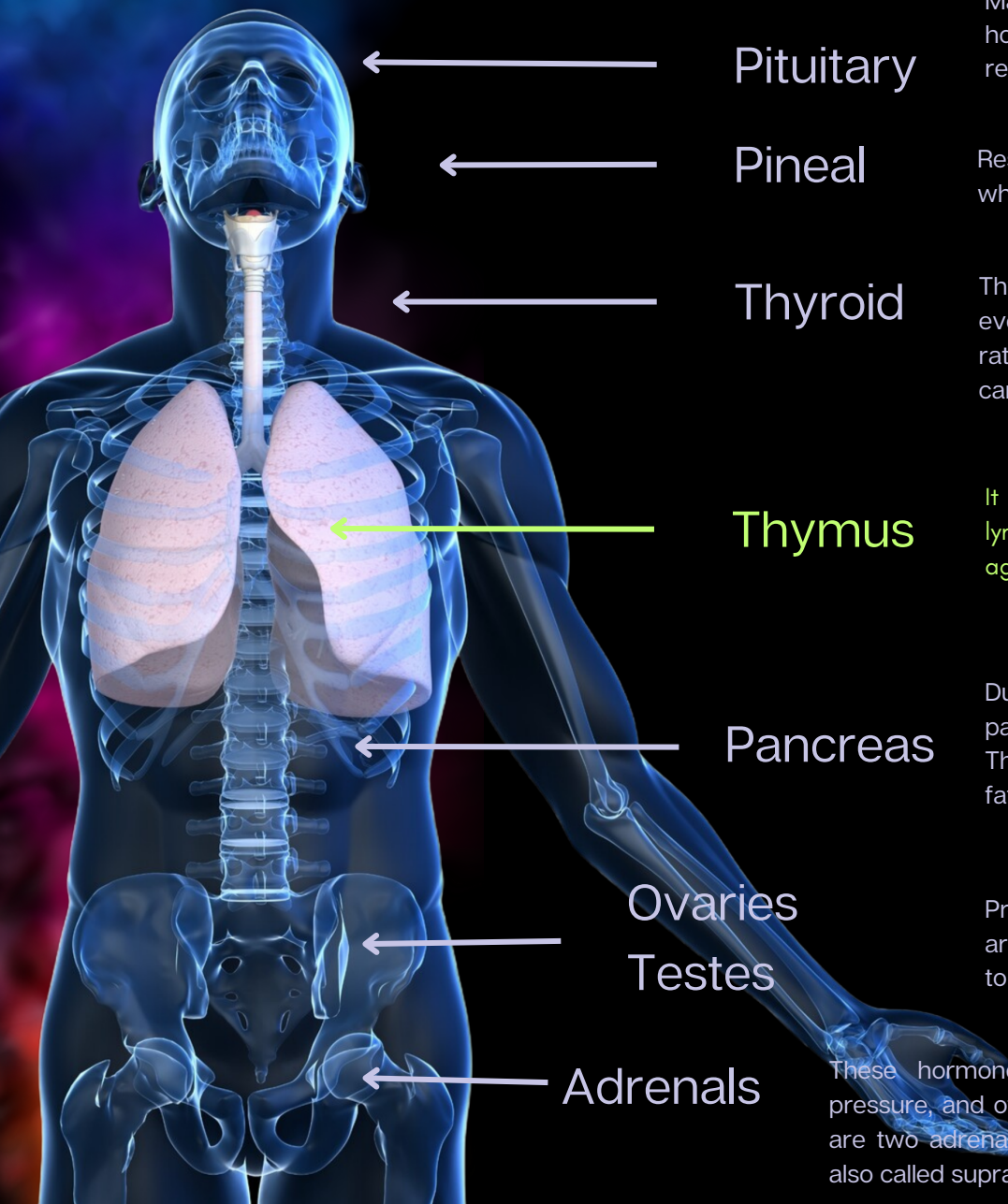


Body Harmony

Endocrine Energy Centers



Pituitary

Master gland that makes several essential hormones and tells the other glands to release hormones.

Pineal

Responsible for the hormone Melatonin, which regulates the sleep/wake cycle.

Thyroid

Thyroxin (T-3/T-4) These hormones affect every cell in the body. They support the rate at which the body uses fats and carbohydrates.

Thymus

It makes white blood cells, called lymphocytes, which protect the body against infections.

Pancreas

During digestion, your pancreas makes pancreatic juices called enzymes. These enzymes break down sugars, fats, and starches.

Ovaries

Producing sex hormones: hormones are proteins that relay chemical signals to cells

Testes

Adrenals

These hormones help control heart rate, blood pressure, and other important body functions. There are two adrenal glands, one on top of each kidney, also called suprarenal gland.

The glands and organs that make hormones and release them directly into the blood so they can travel to tissues and organs all over the body. The hormones released by the endocrine system control many important functions in the body, including growth and development, metabolism, and reproduction.

Hormones are chemicals that coordinate different functions in your body by carrying messages through your blood to your organs, skin, muscles and other tissues. These signals tell your body what to do and when to do it.