

# The Endocrine System

## HYPOTHALAMUS

Regulates hunger, thirst, sleep and wakefulness plus most of your involuntary mechanisms including body temperature.

## THYROID GLANDS

Regulates your energy and your metabolism.

## THYMUS

helps to build resistance to disease

## PANCREAS

aids in the digestion of protein, fats and carbohydrates. It produces insulin which controls blood sugar levels.

## OVARIES

influences how your blood circulates and determines your mental vigor and your sex drive. (testes in males)

## PITUITARY GLAND

controls all other endocrine glands; influences growth, metabolism and regeneration.

## PARATHYROID

secretes the hormones that are necessary for calcium absorption.

## ADRENAL GLANDS

secretes hundreds of compounds including cortisone and adrenaline which helps you react to emergencies. They regulate your metabolic processes in the cells, water balance, blood pressure, etc.

## METABOLISM

The conversion of nutrients into energy and building materials to meet your body's needs.

