

The Endocrine Messengers - On Time Delivery

From the time we are born until the time we die our bodies are influenced by a series of bold messengers that tell our bodies to grow, change, burn fat more efficiently and other life preserving messages. This system is more efficient than any overnight delivery firm because these messengers know just when to deliver their message and they never seem to get lost. What we're talking about is the body's endocrine system. This system uses a variety of hormones that have a profound affect on virtually every area of your body. According to KidsHealth.org hormones only affect, "the cells that are genetically programmed to receive and respond to its message." KidsHealth.org further states that, "Endocrine glands... release more than 20 major hormones directly into the bloodstream where they can be transported to cells in other parts of the body." 1 If you were to observe the inner working of our body you would find that, "At every moment, a large battery of hormones circulates within our blood. The endocrine glands – and also the intestine and heart – secrete hormones that are carried by the blood to the cells of target tissues and organs. These hormones stimulate processes such as the release or absorption of molecules by cells, and varied biochemical reactions." 2 A full battery of hormones is secreted from at least thirteen specific areas of the body. The functions of these hormonal secretions affect such functions as the body's salt and water balance, the maintenance of blood sugar levels as well as blood pressure. Hormones affect water retention in kidneys and are instrumental in body growth and development. Other

Hormonal Functions

- Stimulates the production of protein.

- Controls reproductive functioning and sexual characteristics
- Stimulates contraction of the uterus in the delivery of babies.
- Initiates and maintains breast milk production.
- Stimulates the production and secretion of thyroid hormone
- Can raise or lower blood sugar levels.
- Stimulates the body's metabolism.
- Affects reproductive development

- Affects bone formation and excretion of calcium and phosphorus. 3 The blood stream is the highway through which these hormones travel to the regions they serve as messengers. The cells receive the information and respond to the chemical message they receive. The human body could not function in a long-term capacity without the endocrine system and the various hormones that are a vital part of the human makeup. With the incredibly complex design of these body messengers we are left to consider one compelling thought... Perhaps the endocrine system looks designed because it is designed. 1 http://www.kidshealth.org/parent/general/body_basics/endocrine.html 2 http://www.lexicon-biology.com/biology/definition2_43.html 3 Inspired by http://www.healthsystem.virginia.edu/uvahealth/adult_endocrin/chart.cfm

About the Author

Fitness Tools is an integrated collection of fitness calculators. Check your body fat percentage, see how many calories you burn in an activity.

Source: <http://www.productsherbal.com>