

Natural Healing Express Weekly

Column 367 Understanding Hormones and Metabolism, Part Two

Last week we did a quick overview of the Hormones and their “system”. Here is a quick re-cap for those of you who missed it.

Quick Overview of your Hormone System with an update regarding today’s article.

Hypothalamus – Control center for homeostasis. Location - Brain

Pineal – Helps the biological clock for sleep/wake. Location - Brain

Pituitary- Secretes at least nine major hormones, including hormones that stimulate the thyroid, adrenal glands and ovaries. Location – Brain

Brain through the Hypothalamus, pineal and pituitary glands numerous hormones including:

Neuropeptide Y, Pro-opiomelanocortin, Melanocyte Stimulating Hormone, Agouti-Related Protein,

Melanin Concentrating Hormone, Serotonin, Urocortin and Melatonin.

Thyroid – Considered Metabolism Central. Affects energy regulation. Location – Lower Throat

Parathyroid - Calcium balance in the body. Location – Lower Throat

Thymus- Gland responsible in establishing immunity. Location – Lower Throat

Adrenal – Fight or flight response. Location – Belly, Secretes Epinephrine, Norepinephrine, Aldosterone.

Pancreas – Cells here produce insulin/glucagon, Somastostatin/Amyline regulate blood sugar levels.

Location – Belly

Ovary – Contains many hormones, estrogen, progesterone, and testosterone. Location – Mid Pelvis

So, how do hormones actually “work”? Hormones are exceptionally tiny. A single drop of blood contains thousands of hormones. Hormones travel through the blood and other fluids, serving as chemical messengers. The “receiving” end of the message, or the receptor, is special proteins that recognize and bind a particular hormone and then merge into a cell. When the cell occurs, a chain of events begins, (lock and key). The Key (hormone) locks or unlocks the Lock (receptor) directing it to do or undo a

process in the body. Where most folks lose the plot regarding hormones is the system of checks and balances. The Keys (hormones) are made and secreted by the glands - see chart above. The Pituitary Gland is the CEO of the Key Company; however the Brain makes other hormones that control the Pituitary (like a Board of Directors). So, ultimately, as you already know, everything is controlled by the brain, yet certain hormones control your brain. Nature and the Body have a delicate balance.

Next Week – Stress disruption and Weight Control Factors.

Thank you to everyone who has reached out regarding the Natural Medicine Kit seminar. I believe we have enough interest to host one at Natural Healing Express here in Lena. Please reserve your seat for Saturday, April 6<sup>th</sup>. We will start at 10:00 am and be complete by 12:15pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express