Hormones play a critical role in our bodies, but what exactly are hormones and why are they important for our health? We’ll decide the body’s most important hormones and explain how changes in hormone levels can affect your body and your well-being.

<table>
<thead>
<tr>
<th>TOP 23 HORMONES</th>
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<tbody>
<tr>
<td><strong>Estrogen</strong> (es-trö-jen)</td>
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<tr>
<td><strong>Progesterone</strong> (pro-ges-ter-one)</td>
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<tr>
<td><strong>Testosterone</strong> (tes-tos-ter-one)</td>
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<tr>
<td><strong>Peptide YY (PYY)</strong> (pep-tide)</td>
</tr>
<tr>
<td><strong>Dehydroepiandrosterone (DHEA)</strong> (de-hy-dro-ep-i-an-dro-ste-ron)</td>
</tr>
<tr>
<td><strong>Parathyroid Hormone (PTH)</strong> (par-a-thi-roid)</td>
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**THE ESSENTIAL GUIDE TO YOUR HORMONES**

**What You Need to Know**

There are many different hormones in the human body. Here’s a look at the leading hormones, their role, and why they’re important to know about.

**ESTROGEN**

The female sex hormone, and one that teenage girls know all too well, is responsible for setting off puberty. Produced primarily in your ovaries, estrogen regulates your menstrual cycle, maintains pregnancy, and keeps bones strong for women and men too! Watch out, world.

**INSULIN**

As any diabetic knows, insulin couldn’t be more important. After you eat, cells in your pancreas release insulin that shuttles glucose from your bloodstream into your body’s tissues to use for energy later. People with type 1 diabetes can’t make insulin; people with type 2 diabetes can’t make enough or make too much and the body does not respond correctly.

**GLUCAGON**

Produced by cells in your pancreas and works to keep your blood sugar levels stable, this hormone breaks down stored glucose so your body can use it for energy.

**STEROID HORMONES**

These hormones are produced by the adrenal gland and ovaries. They're important to know about.

**ADRENALINE**

The flight or fight hormone allows you to battle a danger head-on or escape to safety. High levels of adrenaline from chronic stress, however, increase your risk for anxiety, depression, heart disease, and weight gain, which is why laughter really may be the best medicine.

**OXYTOCIN**

Cupid’s arrow is dipped in this stuff. Dubbed the love hormone, oxytocin levels rise when we make physical contact with another human. It’s also the maternal hormone because large amounts of it are released during childbirth and helps with milk letdown during lactation.

**LEPTIN**

This hormone is your very own personal trainer. It controls appetite by signaling your brain to stop eating. It also helps your brain regulate how much energy your body burns throughout the day.

**GROWTH HORMONE**

As its name implies, it promotes human growth and plays a crucial role in increasing muscle mass and bone development. It’s our own personal Game of Thrones shield, protecting our tissues from breaking down to avoid injury.

**GHTRIN**

Got a rumbling in your tummy? You can thank this hunger hormone made by the stomach. It stimulates appetite and prepares the body for food. Researchers believe blocking ghrelin levels may be the key to weight loss.

**ALDOSTERONE**

Craving pickles? Made by the adrenal glands, it regulates blood pressure by increasing salt and water reabsorption in the kidney.
HORMONES AND THE ENDOCRINE SYSTEM

Hormones are the body’s chemical messengers and are part of the endocrine system. Endocrine glands make hormones, which travel through the bloodstream to tissues and organs, and control most of our body’s major systems. The endocrine system regulates our heart rate, metabolism – how the body gets energy from the foods we eat – appetite, mood, sexual function, reproduction, growth and development, sleep cycles, and more.

ENDOCRINE GLANDS AND HORMONES

Endocrine glands are special groups of cells that make hormones. The major endocrine glands are:

- **Adrenal Glands** – produce androgens and cortisol; gives your body odor and pubic hair, helps in how we respond to stress; regulates blood pressure and more.
- **Hypothalamus** – produces hormones that regulate body temperature, appetite and weight, mood, sex drive, sleep, and thirst.
- **Ovaries** – female reproductive glands that produce eggs and sex hormones – including estrogen, testosterone and progesterone – which are vital to reproductive organ development, breast development, bone health, pregnancy, and fertility.
- **Pancreas** – produces insulin, glucagon and other hormones but primarily responsible for controlling blood sugar levels.
- **Parathyroid** – controls the amount of calcium in our bones and blood.
- **Pineal Gland** – produces melatonin, which is important for sleep cycles.
- **Pituitary Gland** – the “master control gland” makes hormones that control growth, reproduction, lactation, and the activity of other glands.
- **Testes** – male reproductive glands produce sperm and secretes testosterone.
- **Thymus** – active until puberty, produces cells crucial to the immune system that protect the body from threats such as viruses and infections.
- **Thyroid** – produces hormones that control the rate at which the body burns calories and how fast the heart beats.

VITAL TO OUR OVERALL HEALTH, HORMONE LEVELS CHANGE AS WE GROW AND AGE. KNOWING MORE ABOUT THE ROLE THEY PLAY IN OUR BODIES CAN HELP YOU PROTECT AND MANAGE YOUR HEALTH. DOWNLOAD JOURNEY THROUGH THE ENDOCRINE SYSTEM MOBILE APP.

Visit hormone.org for more information.