

## — Metabolic & Endocrine Health

The endocrine system is the collection of glands, each of which secretes different types of hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, ... [See more](#)

### Thyroid

The thyroid is one of the endocrine glands, which make hormones. Thyroid hormones control the rate of many activities in your body. These include how fast you burn calories and how fast your heart beats. All of these activities are your body's metabolism. Thyroid problems include; goiter - enlargement of the thyroid gland, hyperthyroidism - when your thyroid gland makes more thyroid hormones than your body needs, hypothyroidism - when your thyroid gland does not make enough thyroid hormones, thyroid cancer, thyroid nodules - lumps in the thyroid gland, thyroiditis - swelling of the thyroid.

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