

## 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](#)

### Hormones

Hormones are your body's chemical messengers. They travel in your bloodstream to tissues or organs. They work slowly, over time, and affect many different processes, including; growth and development, metabolism - how your body gets energy from the foods you eat, sexual function, reproduction, mood, endocrine glands, which are special groups of cells, make hormones. The major endocrine glands are the pituitary, pineal, thymus, thyroid, adrenal glands, and pancreas. In addition, men produce hormones in their testes and women produce them in their ovaries.

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