

# THE ENDOCRINE SYSTEM

## A Guide to Your Glands

**Pineal** Secretes **melatonin**, the hormone responsible for establishing the body's day/night cycle

**Thyroid** Produces **thyroxine (T4)** and **triiodothyronine (T3)** regulating the production of energy in every cell, growth of tissue, and metabolism; also **calcitonin** to reduce calcium levels in the blood.

**Parathyroid** Secretes **parathyroid hormone** responsible for raising blood calcium levels

**Thymus** Functions at peak levels only during youth; produces **thymosin**, a hormone that programs specific lymphocytes for protection of the body

**Pancreas** Pancreatic islets produce **insulin** and **glucagon**, the hormones responsible for maintaining appropriate blood sugar levels

**Adrenals** Produce **epinephrine** and **norepinephrine**, our "fight or flight" hormones, and **corticosteroids**, a group of hormones that influence fluid balance, blood pressure, blood sugar, immune response, and sex hormones

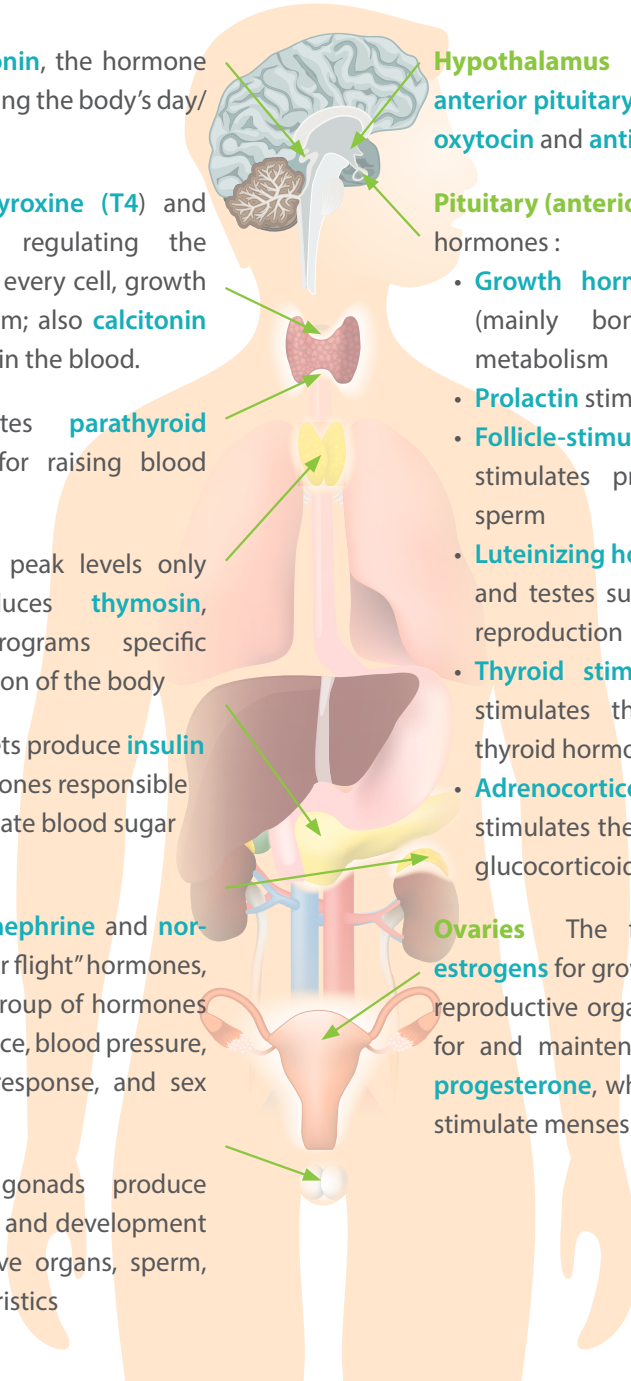
**Testes** The male gonads produce **testosterone** for growth and development of the male reproductive organs, sperm, and adult male characteristics

**Hypothalamus** Controls the release of **anterior pituitary hormones** plus produces **oxytocin** and **anti-diuretic hormone**

**Pituitary (anterior)** Secretes the following hormones:

- **Growth hormone** stimulates growth (mainly bone and muscle) and metabolism
- **Prolactin** stimulates milk production
- **Follicle-stimulating hormone (FSH)** stimulates production of eggs and sperm
- **Luteinizing hormone** stimulates ovaries and testes supporting fertilization and reproduction
- **Thyroid stimulating hormone (TSH)** stimulates thyroid gland to secrete thyroid hormone
- **Adrenocorticotropic hormone (ACTH)** stimulates the adrenal cortex to secrete glucocorticoids

**Ovaries** The female gonads produce **estrogens** for growth and maturation of the reproductive organs as well as preparation for and maintenance of pregnancy; also **progesterone**, which acts with estrogen to stimulate menses

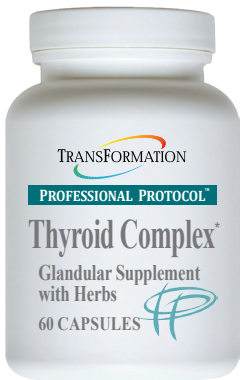


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## *Glandular Support Formulas*

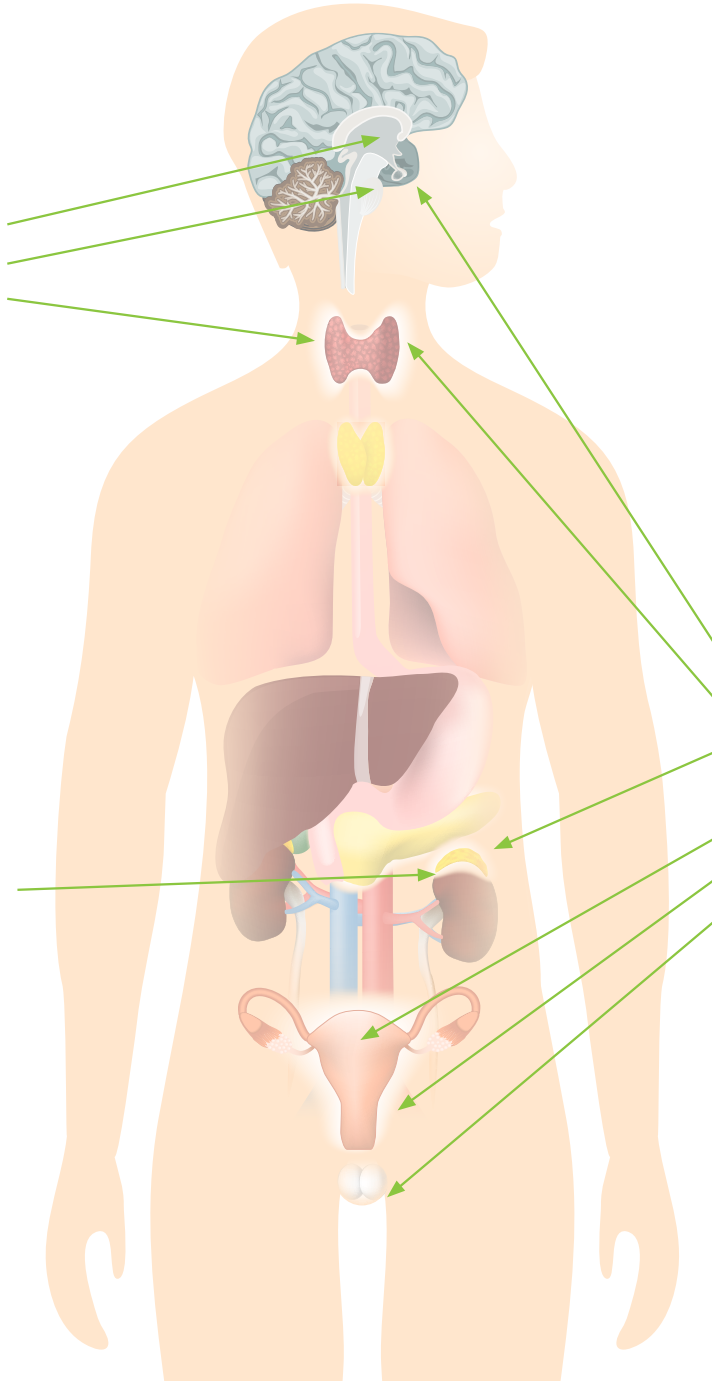
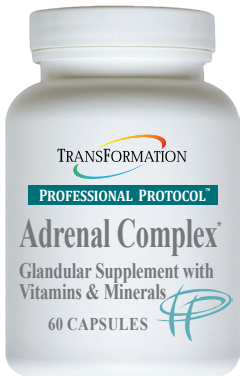
Transformation's  
Professional Protocol™

support for the  
**Hypothalamus,**  
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and **Thyroid**



Transformation's  
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support for the  
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supporting the  
**Pituitary,**  
**Thyroid,** and  
**Adrenals**  
as well as the  
**Ovaries,**  
**Prostate,** and  
**Testes**

