

The Ups and Downs of Hormone Health

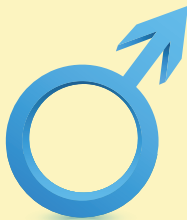
Hormones are an important, yet mysterious, part of the body. How do they work?

THE HORMONE PROCESS

- 1** Glands in the endocrine system give a hormone a job to do.
- 2** That hormone travels through the bloodstream to get to its assignment.
- 3** The hormone carries out a task—anything from controlling metabolism to regulating salt.

KEY PLAYERS

There are dozens of hormones in the body, all with important roles. Here are seven worth knowing:



TESTOSTERONE
In men, helps develop male sexual characteristics. For everyone, protects bone health.



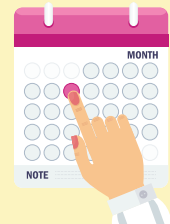
ESTROGEN
In women, is responsible for sexual characteristics and reproduction. For everyone, protects bone health.



SEROTONIN
Stabilizes mood and assists cells in the body in communicating with each other. Affects anxiety, focus and feelings of well-being.



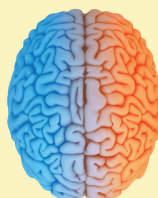
INSULIN
Allows cells to absorb sugar in the blood and breaks down fat and protein.



PROGESTERONE
Regulates a woman's menstrual cycle and prepares the uterus to be fertilized. Helps maintain pregnancies and gets the breasts ready to produce milk.



MELATONIN
Signals to the body when it is time to sleep and wake up.



THYROID
Controls metabolism. Affects nervous system activity, brain development and how the body uses energy.

KEEP IN MIND:
Even a small change in a hormone can make a big difference. They are that powerful.