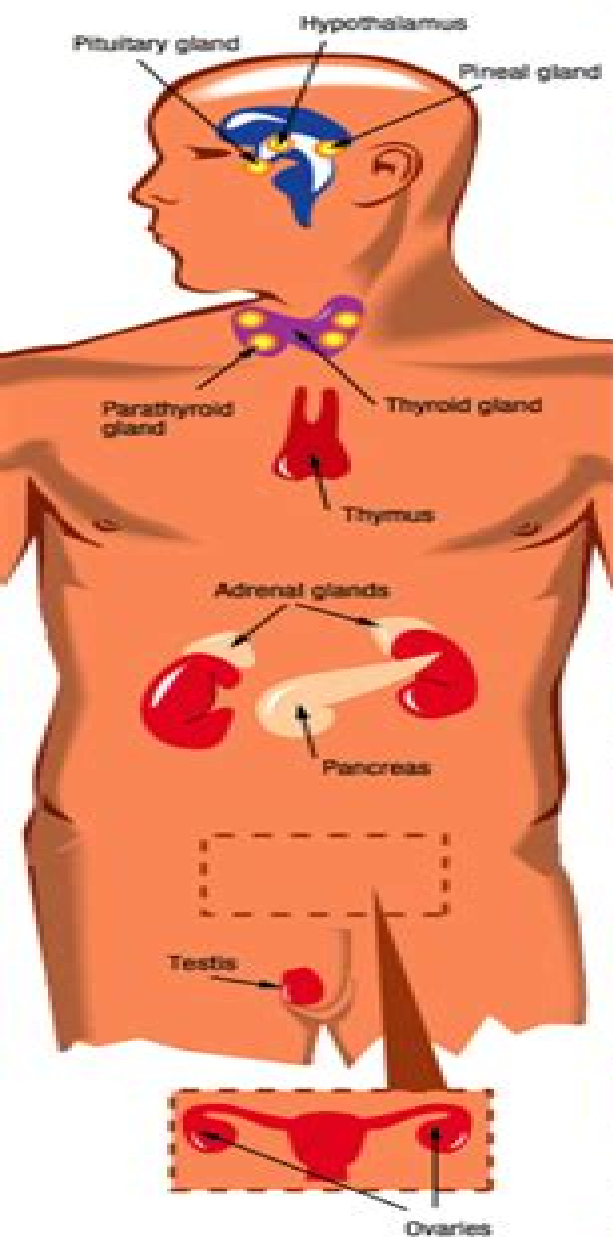


Endocrine System



Gland	Hormone	Type	Action
Hypothalamus	Oxytocin	Peptide	Moves to posterior pituitary for storage
	Antidiuretic hormone	Peptide	Moves to posterior pituitary for storage
	Regulatory hormones of anterior pituitary hormones		Act on anterior pituitary to stimulate or inhibit hormone production
Pituitary gland Posterior	Oxytocin	Peptide	Initiates labor, initiates milk ejection
	Antidiuretic hormone	Peptide	Stimulates water resorption by kidneys
Anterior	Growth hormone	Protein	Stimulates body growth
	Prolactin	Protein	Promotes lactation
	Follicle-stimulating hormone	Glyco-protein	Stimulates follicle maturation and production of estrogen; stimulates sperm production
	Luteinizing hormone	Glyco-protein	Triggers ovulation and production of estrogen and progesterone by ovary; promotes sperm production
	Thyroid-stimulating hormone	Glyco-protein	Stimulates release of T_3 and T_4
	Adrenocorticotrophic hormone	Peptide	Promotes release of glucocorticoids and androgens from adrenal cortex
Thyroid gland	T_3 (Triiodothyronine)	Amine	Increases metabolism, blood pressure, regulates tissue growth
	T_4 (Thyroxine)	Amine	Increases metabolism, blood pressure, regulates tissue growth
	Calcitonin	Peptide	Childhood regulation of blood calcium levels through uptake by bone
Parathyroid gland	Parathyroid hormone	Peptide	Increases blood calcium levels through action on bone, kidneys and intestine
Pancreas	Insulin	Protein	Reduces blood sugar levels by regulating cell uptake
	Glucagon	Protein	Increases blood sugar levels
Adrenal glands Adrenal medulla	Epinephrine	Amine	Short-term stress response: increased blood sugar levels, vasoconstriction, increased heart rate, blood diversion
	Norepinephrine	Amine	Short-term stress response: increased blood sugar levels, vasoconstriction, increased heart rate, blood diversion
Adrenal cortex	Glucocorticoids	Steroid	Long-term stress response: increased blood glucose levels, blood volume maintenance, immune suppression
	Mineralocorticoids	Steroid	Long-term stress response: blood volume and pressure maintenance, sodium and water retention by kidneys
Gonads			
Testes	Androgens	Steroid	Reproductive maturation, sperm production
Ovaries	Estrogens	Steroid	Reproductive maturation, regulation of menstrual cycle
	Progesterone	Steroid	Regulation of menstrual cycle
Pineal gland	Melatonin	Amine	Circadian timing
Thymus	Thymosin	Peptide	Development of T lymphocytes

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web según los japoneses todo el mundo tiene un ikigai un motivo para existir algunos lo han encontrado y son conscientes de su ikigai otros lo llevan dentro pero todavía lo están buscando este es uno de los secretos para una vida larga joven y feliz

como la que llevan los habitantes de okinawa la isla más longeva del mundo