

Hormones
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by
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When the word Hormone appears, one's mind immediately goes to estrogen, progesterone or testosterone, because they are constantly in the limelight. These are hormones that are produced by the sex organs and are the vital hormones that take us from puberty through adulthood to old age. But let us consider for a minute the entire endocrine system and other organs of the body that produce different kinds of hormones.

Every organ of the body works on a signal system. One cell sends a message and another cell receives it. It is just that simple, yet this is how magic happens throughout the body - how life develops and gets directed. The messengers that carry these messages from one cell to another are called hormones.

This signal - response mechanism is used in many different ways in the body. Our immune, nervous, and endocrine systems all work through this process. The endocrine system runs a very efficient messenger service. An endocrine gland sends out a small amount of hormone carrying an important message. The hormone travels through the blood stream until it finds the protein tissue that is meant to be the receptor. The hormone then finds a place to park, either at the cell surface or inside the cell, and delivers its message. The signal is delivered from one cell to another. In the receptor cell, the message is copied and translated into orders, which are sent to various parts of the body.

There are hundreds of hormones acting throughout the body. For example, adrenaline is a well known hormone, responsible for the fight or flight response. The hormone insulin helps regulate the blood sugar. Thyroid hormones (thyropine and triiodothyronine) are needed for overall metabolism and brain development. Testosterone is responsible for libido and certain other behaviors. The pituitary gland sends signals to the ovaries which in turn sends a signal to the uterus.

Hormones integrate all the systems of the body and urge the body to regulate. It's a very competent and effective setup. Messages are sent and received and, if the body is functioning properly, it complies with the orders contained in the message.

Because of man made chemicals which contaminate both the air and the soils, these messages sometimes get disrupted, causing the hormones to send mixed and sometimes incorrect signals. This confuses the whole body mechanism and causes all kinds of problems. This is the big reason why we need to take nutritional supplements. They help the body to combat the contaminants and keep the body functioning correctly.

At *Gifts of Nature*, we have put our formulas together with the thought in mind of addressing these maladies. We want to help the body avoid these pitfalls and maintain normal body functions.