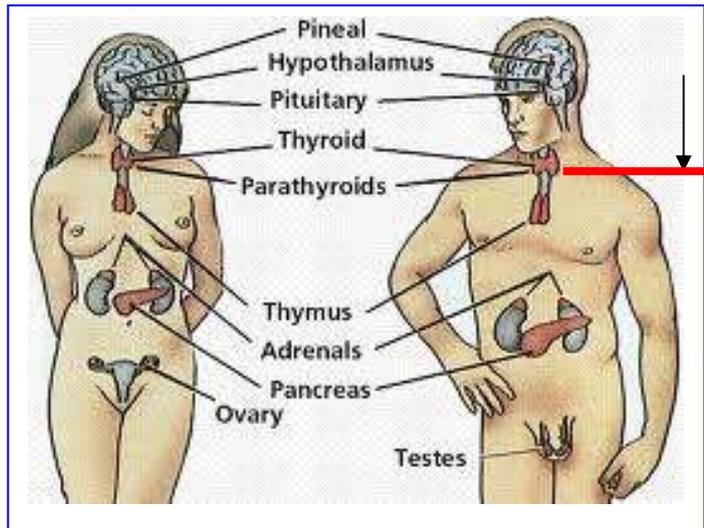
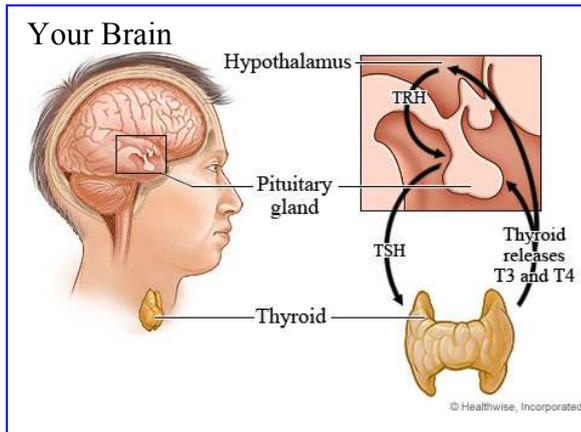


How your Hormones ‘Unlock & release FAT !’

By Graham Healy dip sports Coaching/Fitness

“Most hormones are proteins and they are manufactured in the endocrine glands (thyroid (throat), adrenal (on top of kidneys), Pancreas (below the liver and produces insulin , testis, ovary’s)



What is of particular interest is the hormones that release FAT from our body’s cells .

Body Cell

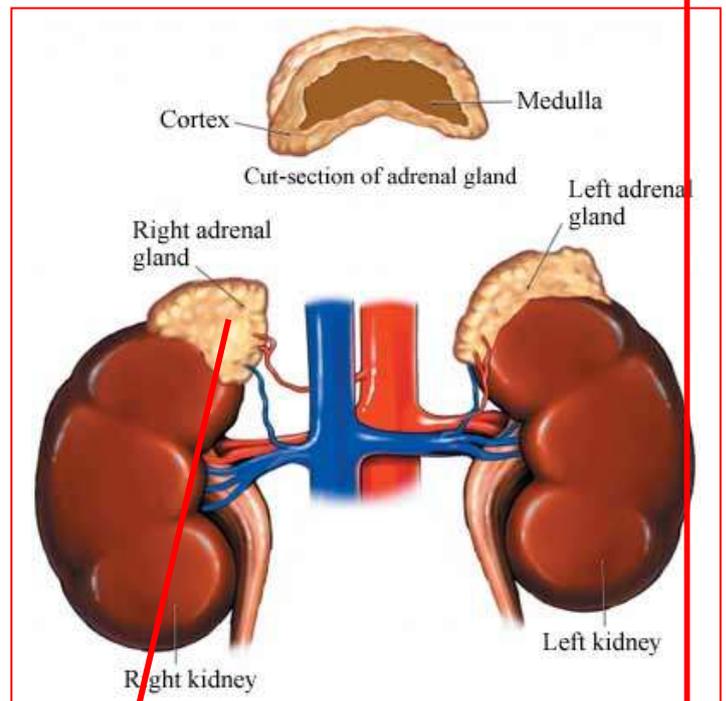
Glucose

Insulin Key

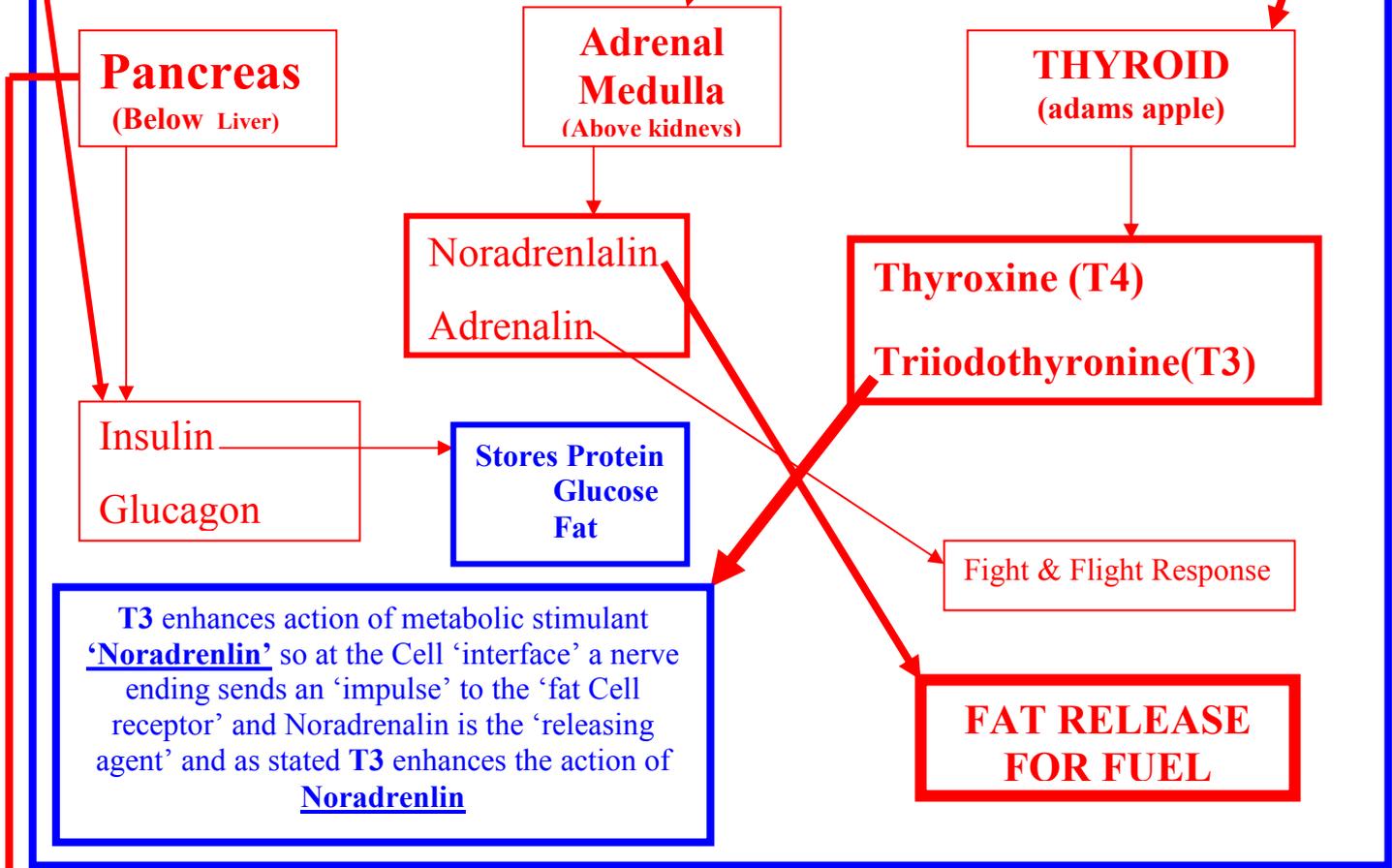
Insulin acts like a key. It opens the door to body cells and allows glucose to enter.

People with Type-1 diabetes and some with Type-2 have too few or no keys and require insulin injections.

Others (most Type -2) have ample keys but ‘misshapen’ key holes (insulin resistant) – particularly if obese and inactive.



HORMONAL CONTROL OF FAT



Biliary System

