Good afternoon everyone, today, i’m going to introduce three hormones and their functions.

The first hormone is Epinephrine, which we usually name as “shen shang xian su”. These hormones are produced when we need to respond to stress. They will increase heart rate, blood pressure, and glucose levels in the blood, preparing the body for a "fight or flight" response. They also help to improve oxygen delivery to the muscles, so that you can gain a better physical performance during stressful situations.

The second hormone is insulin, which we usually name as “yi dao su”. This hormone can help to balance blood sugar levels. Insulin stimulates the absorption of glucose by cells. The absorbed glucose can be used for energy or stored as glycogen. It also inhibits the breakdown and release of glucose, preventing excessive blood sugar levels.

The third kind of hormone is growth hormone, which we usually name as “sheng zhang ji su”. This hormone is engaged in the growth and development of bones and muscles. It stimulates the production of ILGF-I (insulin-like growth factor I), which promotes cell division and differentiation. Growth hormone also stimulates the breakdown of fats, increasing the availability of energy for the body.