* Adrenal glands - influence the way your body uses energy, they also release a hormone called adrenaline when you are under stress
* Hypothalamus - part of your brain that controls hormone production by releasing different chemicals to the pituitary gland
* Ovaries - produce estrogen and progesterone in women, and also release egg cells
* Pancreas - releases the insulin your body needs to metabolize sugar; problems with the pancreas can lead to diabetes
* Parathyroid - located behind the thyroid gland, they are essential for proper bone development
* Pineal gland - connects the endocrine system with the nervous system; produces several important hormones, including melatonin, important to sleep/wake cycles and sexual development
* Pituitary gland – likely the most important gland in your body, it is crucial to growth, mental development and reproduction; influences or controls the rest of your endocrine system
* Testes - produce the hormone testosterone; in men, testosterone maintains sperm production and bone mass
* Thymus - crucial to normal immune function in childhood; once a child reaches puberty, its tissue is replaced by fat
* Thyroid gland – located in the front of your neck, it releases hormones that control your metabolism and govern the way your body uses energy