



L'equilibrio ormonale Come ripristinare equilibrio ormonale, libido, sonno e perdere peso (Italian Edition)

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Gli ormoni sono sostanze chimiche secrete nel sangue da ghiandole come quella pituitaria e surrenale. Il loro funzionamento rientra in una rete complessa cui si fa riferimento con il termine sistema endocrino. I sistemi endocrino e nervoso collaborano per formare sistemi di controllo.

Un sistema ormonale equilibrato è tra l'altro in grado di regolare correttamente crescita, ciclo del sonno, umore, sistema immunitario, metabolismo, fame, libido e fertilità. Gli ormoni preparano l'organismo a cambiamenti immediati e a lungo termine. Gli ormoni sono i messaggeri del nostro sistema di comunicazione chimica: dall'invio di segnali 'combatti e fuggi', al dare l'avvio ai cambiamenti fisici della pubertà o della menopausa.

Comprendere il ruolo degli ormoni ci consente di identificare sintomi di un sistema squilibrato e di intraprendere le azioni necessarie per affrontare il problema.

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