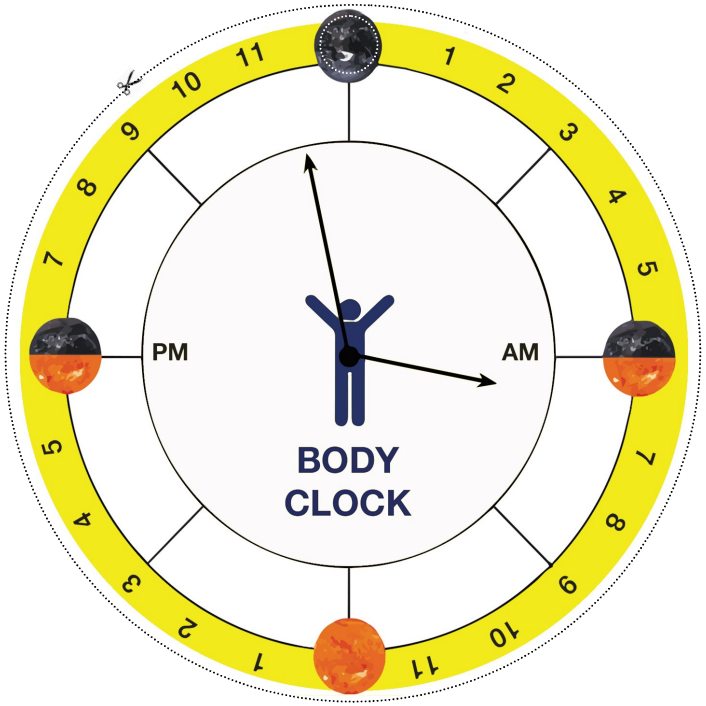
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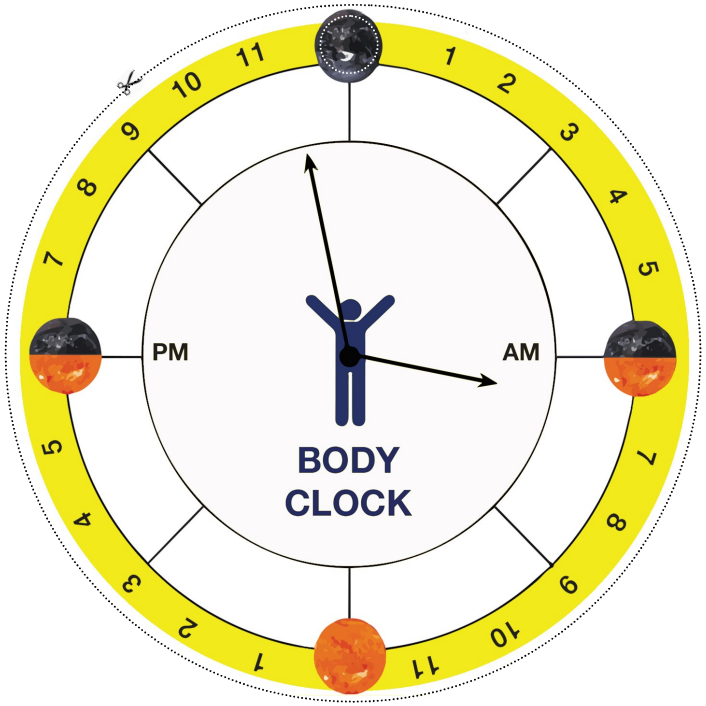
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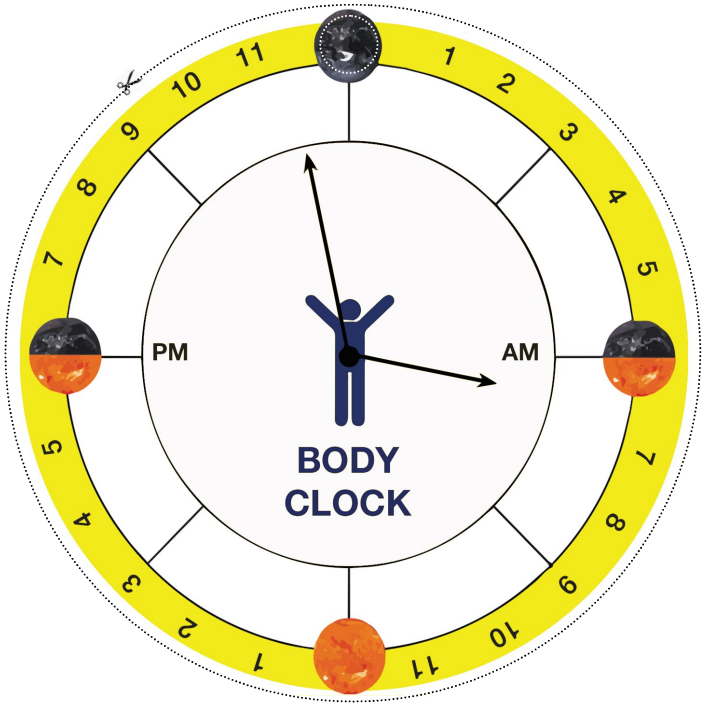
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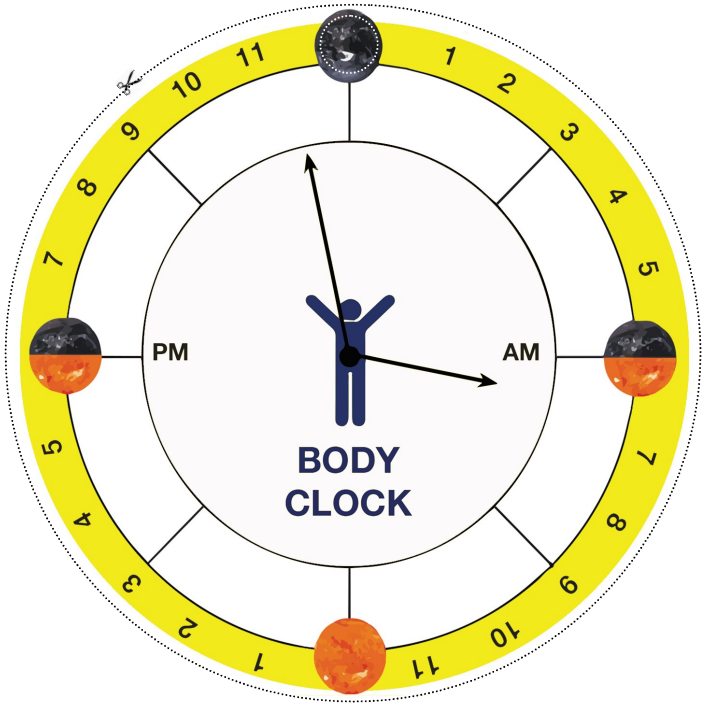
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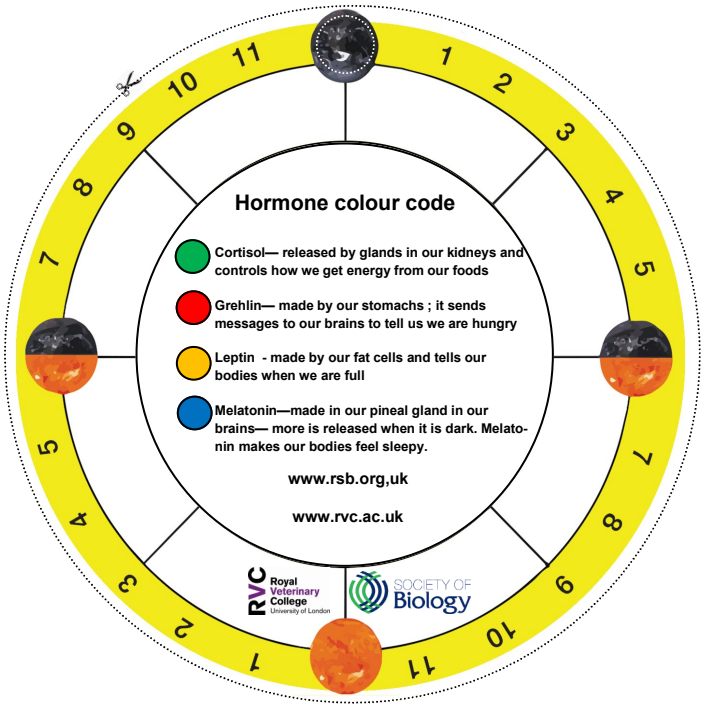
Hormone colour code
Cortisol— released by glands in our kidneys and controls how we get energy from our foods
Grehlin— made by our stomachs ; it sends messages to our brains to tell us we are hungry
Leptin - made by our fat cells and tells our bodies when we are full
Melatonin—made in our pineal gland in our brains— more is released when it is dark. Melatonin makes our bodies feel sleepy.
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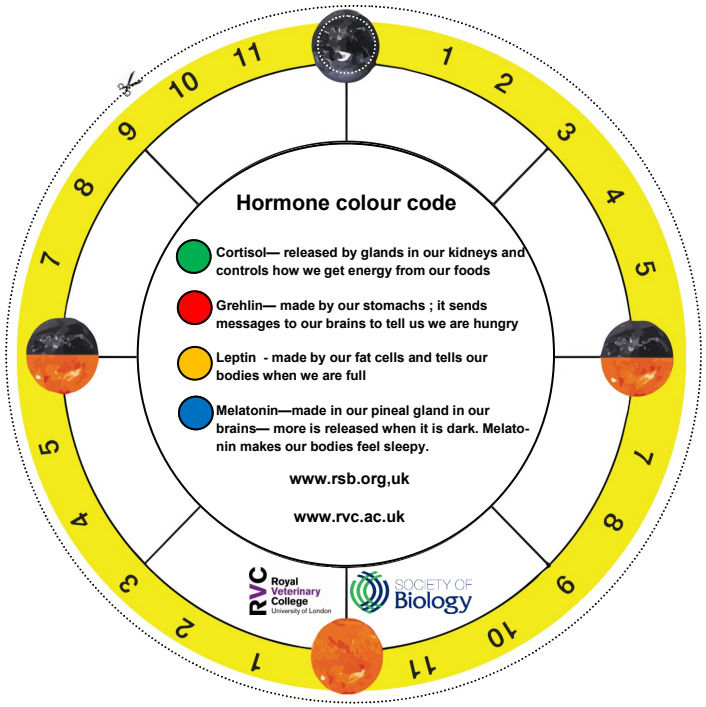
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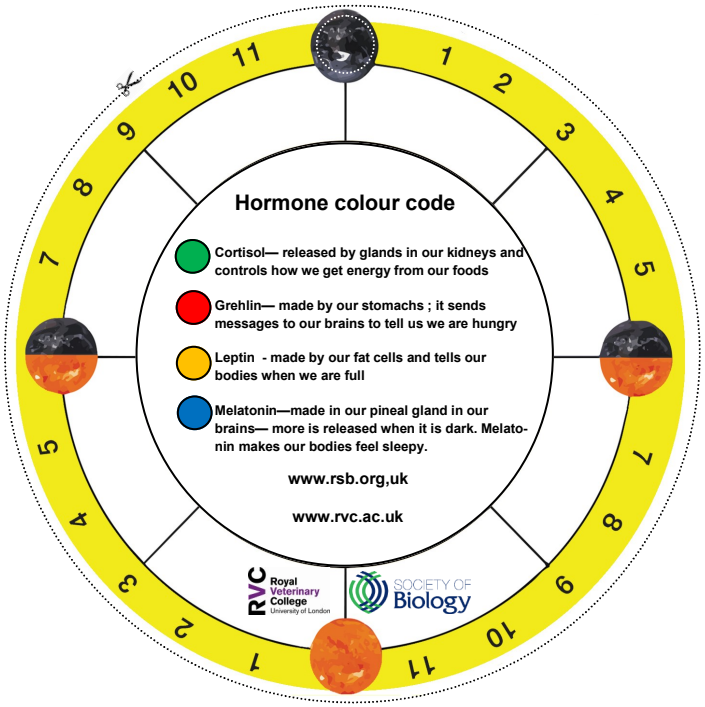
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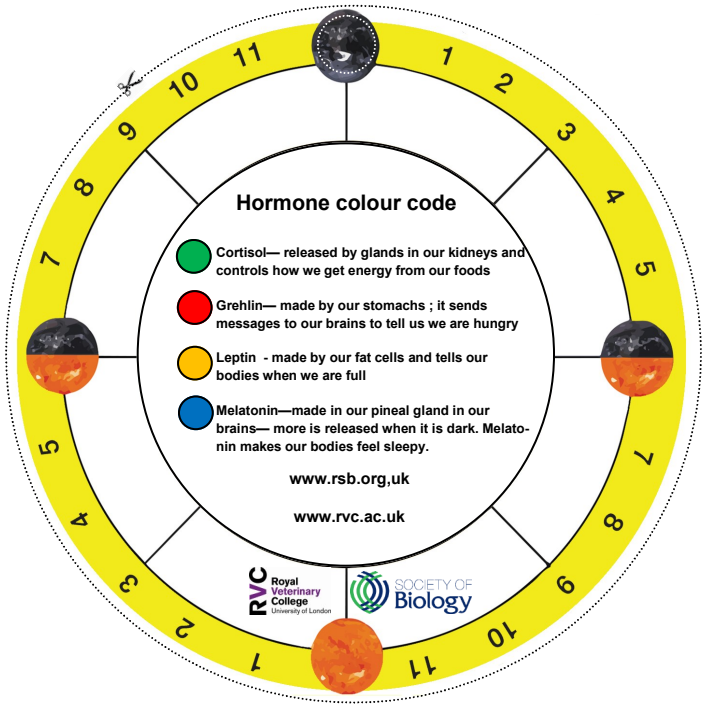
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