1. What five different elements do your hormones control and regulate?

2. Both your __________________________ and your ________________ _______________ are constantly trafficking information around your corpus, gathering intel, making demands, controlling your every move.
   a. How does each system accomplish this differently?
   
   b. A ________ is just any structure that __________________________ a hormone.
      i. The master gland in the body is the ______________, which produces many hormones that signal other glands to make their own hormones.
   
   c. A hormone can only trigger a reaction in specific cells called ________________.
   
   d. Chemically, most hormones are either made of __________________________ or they’re derived from _____________.
   
   e. When a target cell is activated, the hormone __________________________ by __________________________ some of its functions.
   
   f. Lots of different endocrine-related illnesses tend to be either the result of ____________ (too much) or ____________ (too little) secretion of certain hormones, which throw your homeostasis off balance.
   
   g. What is the hypothalamic-pituitary-adrenal axis (HPA-axis)? Explain.
      i. Specifically, it’s behind that __________________________ response that everybody keeps talking about.

1. What are characteristics of the fight-or-flight response? List all three.