



Hormones: A Very Short Introduction (Very Short Introductions)

Martin Luck

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Hormones play an integral part in the balance and workings of the body. While many people are broadly aware of their existence, there are many misconceptions and few are aware of the nature and importance of the endocrine system.

In this Very Short Introduction, Martin Luck explains what hormones are, what they do, where they come from, and how they work. He explains how the endocrine system operates, highlighting the importance of hormones in the regulation of water and salt in the body, how they affect reproduction and our appetites, and how they help us adjust to different environments, such as travel across time zones.

In this fresh and modern treatment, Luck also touches on the ethical and moral issues surrounding research methods, testing on animals, and hormone misuse.

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