

ADRENAL

Meaning: Adrenal refers to anything related to the adrenal glands, which are responsible for producing hormones that regulate metabolism, stress responses, and other bodily functions.

1. The adrenal glands produce hormones that regulate metabolism and stress responses.
2. Adrenal fatigue can lead to chronic tiredness and a lack of energy.
3. During stressful situations, the adrenal cortex releases cortisol to help the body cope.
4. He felt a surge of adrenal energy as he prepared for the competition.
5. Adrenaline, released by the adrenal medulla, triggers the fight-or-flight response.
6. Understanding adrenal health is crucial for maintaining overall well-being.
7. She experienced an adrenal rush after completing her first marathon.
8. The doctor explained how adrenal disorders could affect hormone levels and mood.
9. Excessive stimulation of the adrenal glands can lead to various health issues.
10. Research shows a connection between stress and adrenal hormone production.

Source: sentences.whatistheurl.com

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