

# THE STEROID HORMONE PATHWAY

## IN ADRENALS, OVARIES, TESTES, AND PERIPHERAL TISSUES

### Some of the roles of steroid hormones:

- Stress handling
- Reproduction/sex hormones
- Energy production
- Stable blood sugar (*fuel*) levels
- Body repair & regeneration (*anti-aging*)
- Healthy brain function, mood, cognition, & memory
- Overall strength, stamina, and vitality

