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Advanced Pressure Point Grappling

by George A. Dillman with Chris Thomas

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**The Dillman
Method
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web learning objectives identify the major glands of the endocrine system identify the hormones secreted by each gland describe each hormone s role in regulating bodily functions the endocrine system consists of a series of glands that produce chemical substances known as hormones

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web the endocrine glands secrete hormones b hormones diffuse from interstitial fluids into the blood stream and eventually act on target cells c paracrine secretions are secretions that do not travel in the blood stream to their targets d autocrine secretions are secretions that affect the secreting cell itself

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web 9 3 hormones although a given hormone may travel throughout the body in the bloodstream it will affect the activity only of its target cells that is cells with receptors for that particular hormone once the hormone binds to the receptor a chain of events is initiated that leads to the target cell s response

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