

PHYSIOLOGY OF HUNGER

<u>HORMONE</u>	<u>TISSUE</u>	<u>RESPONSE</u>
Orexin increase	Hypothalamus	Increases hunger
Ghrelin increase	Stomach (by empty stomach) "I'm hungry"	Increases hunger
Insulin increase	Pancreas	Increases hunger
Leptin increase (sister hormone to ghrelin)	Fat cells	Decreases hunger
PPY increase	Digestive tract	Decreases hunger

PHYSIOLOGY OF SEX – SEXUAL RESPONSE CYCLE

<u>PHASE</u>	<u>PHYSIOLOGICAL RESPONSE</u>
Excitement	Genitals become engorged with blood. Vagina expands secretes lubricant. Penis enlarges.
Plateau	Excitement peaks such as breathing, pulse and blood pressure.
Orgasm	Contractions all over the body. Increase in breathing, pulse & blood pressure. Sexual release.
Resolution	Engorged genital release blood. Male goes through refractory phase. Women resolve slower. Refractory phase can last for a few minutes to several days during which the male is incapable of another orgasm. The female's has a much shorter refractory phase which enables her to have multiple orgasms if restimulated soon after resolution.