of total fat mass. Supports the idea that body weight is a measure
of fat mass. Leptin, a member of this group of hormones, is
produced by fat cells and is involved in regulating body weight,
metabolism, and reproductive function. Leptin, the first member of
this group of hormones, is produced by fat cells and is involved in
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Snyder and others have demonstrated that human brains contain receptors
for endorphins, or natural painkillers. This leads Snyder and others to
conclude that the brain secretes endorphins, which can be released under
stressful circumstances. Together, these ideas lead to the concept of
"fight or flight." The body perceives stress as a threat, and it responds
by releasing these natural painkillers, called endorphins, which can
block the perception of pain. This is why people who are in pain may
not feel it as strongly if they are under stress.

During the 1940s, biochemist Phillip Hench and colleagues reported
the anti-inflammatory actions of the hormone, cortisone. This was the
first instance of the use of the term "steroidal" to describe this class of
hormones.

In the 1960s, researchers began to look for other potential sources
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