Hormone colour code

- **Cortisol**—released by glands in our kidneys and controls how we get energy from our foods
- **Grehlin**—made by our stomachs; it sends messages to our brains to tell us we are hungry
- **Leptin**—made by our fat cells and tells our bodies when we are full
- **Melatonin**—made in our pineal gland in our brains—more is released when it is dark. Melatonin makes our bodies feel sleepy.