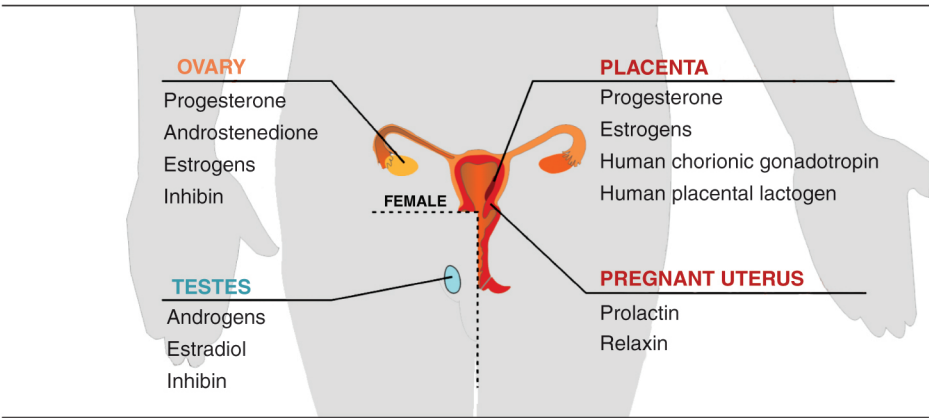
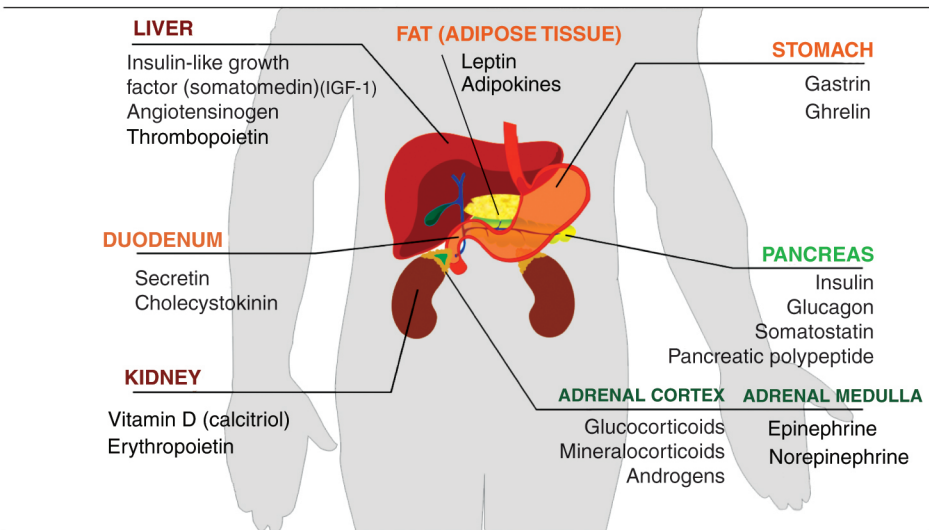
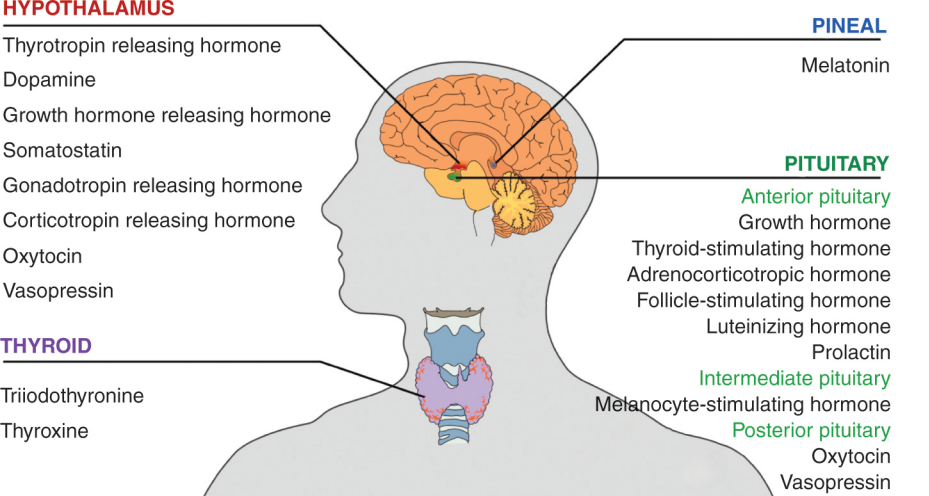
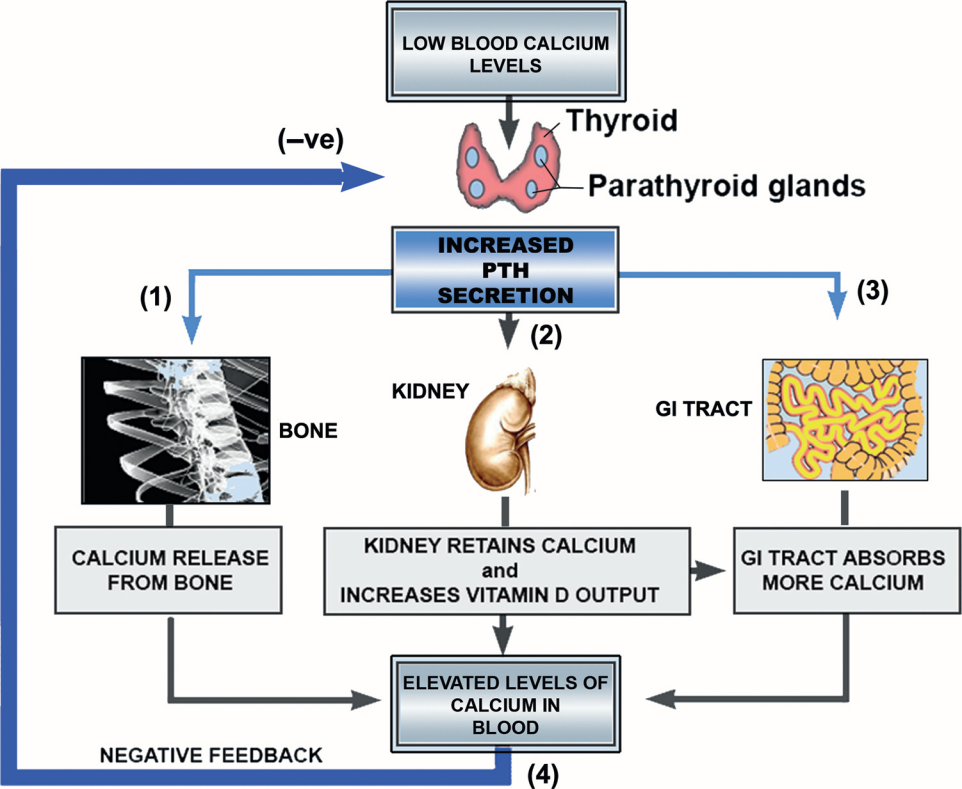
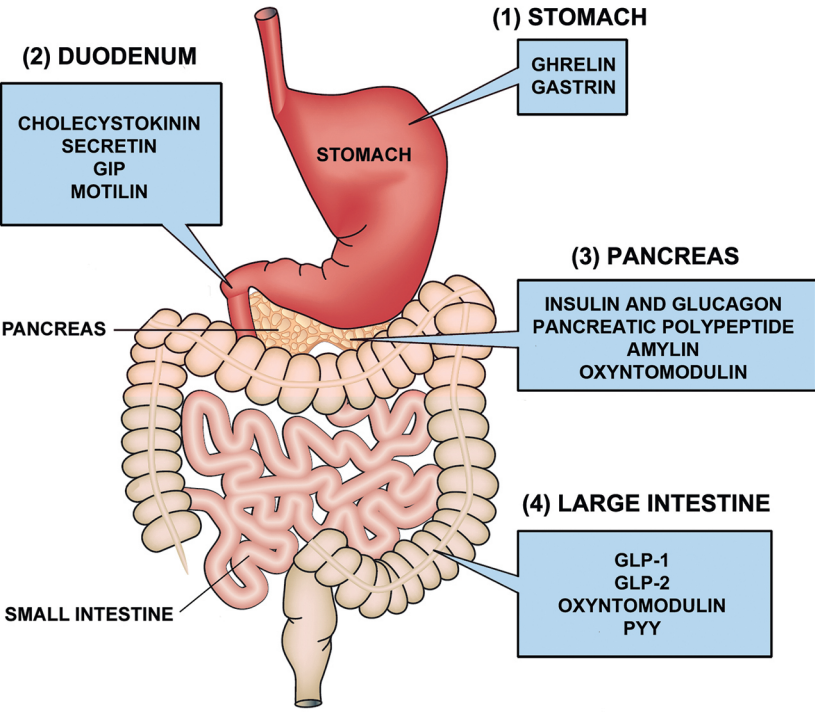




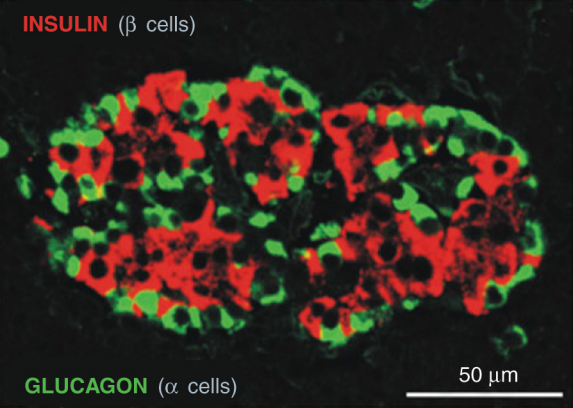




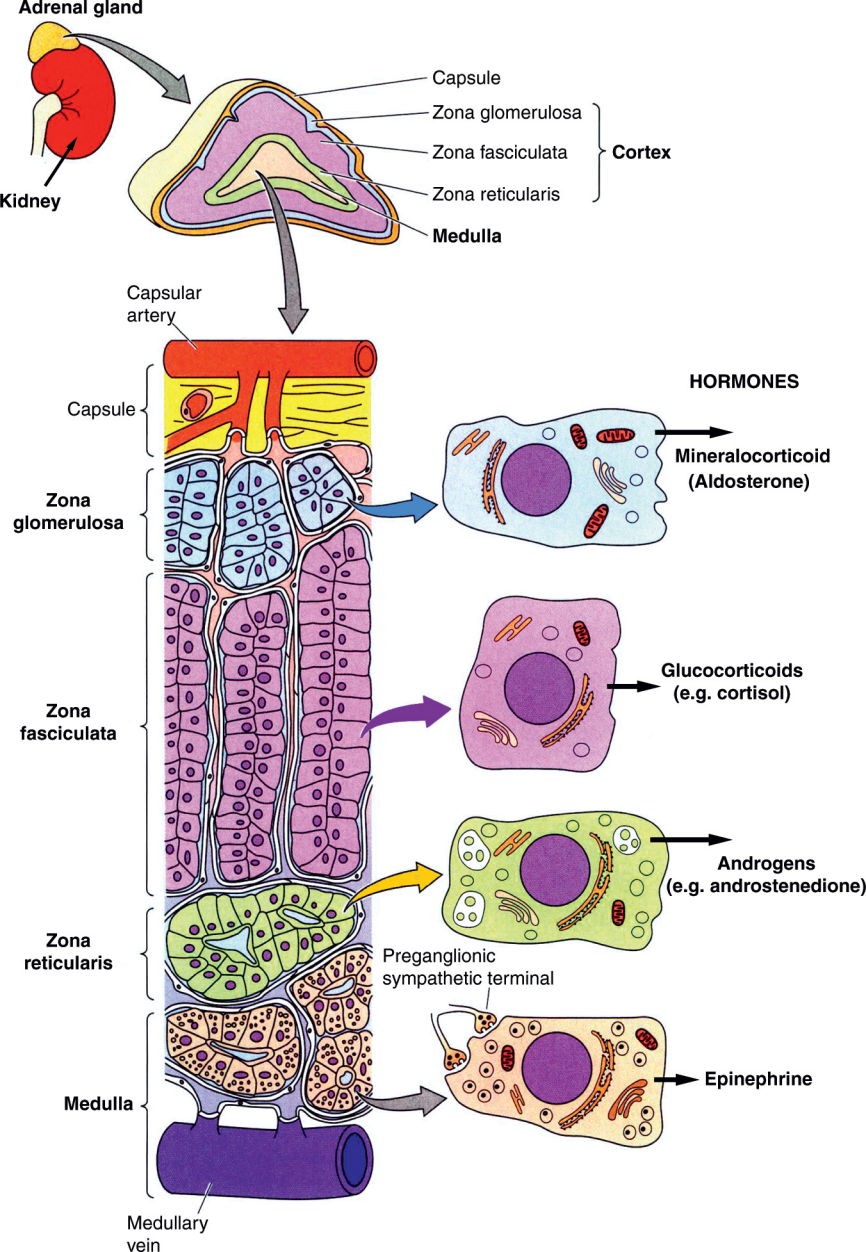
INSULIN (β cells)

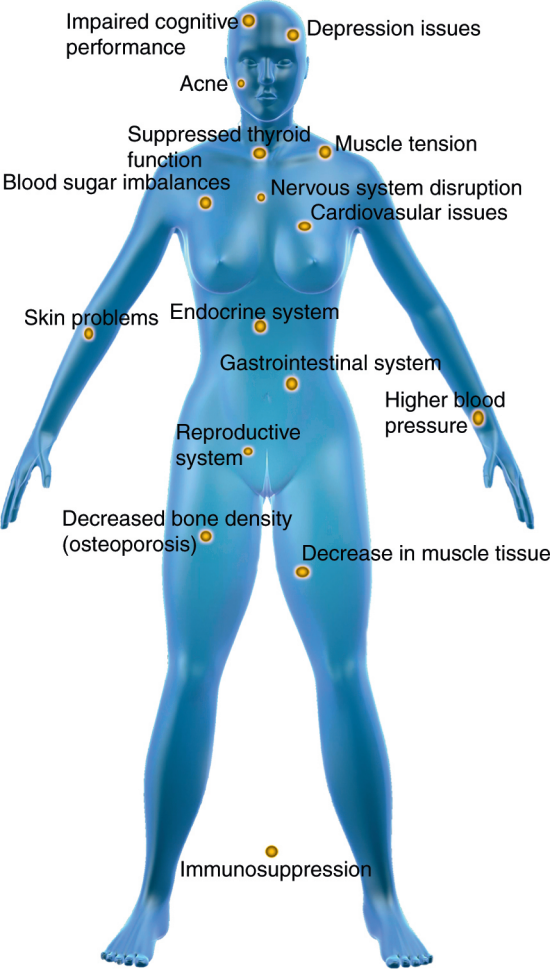
GLUCAGON (α cells)

50 μm



This fluorescence micrograph shows a pancreatic islet, a cluster of endocrine cells. The islet is composed of numerous cells, some of which are stained red, indicating the presence of insulin in β cells, and others stained green, indicating the presence of glucagon in α cells. The cells are densely packed, and the staining is localized to the islet, with the surrounding tissue appearing dark. A scale bar in the bottom right corner indicates a length of 50 μm .





Impaired cognitive performance

Depression issues

Acne

Suppressed thyroid function

Muscle tension

Blood sugar imbalances

Nervous system disruption

Cardiovascular issues

Skin problems

Endocrine system

Gastrointestinal system

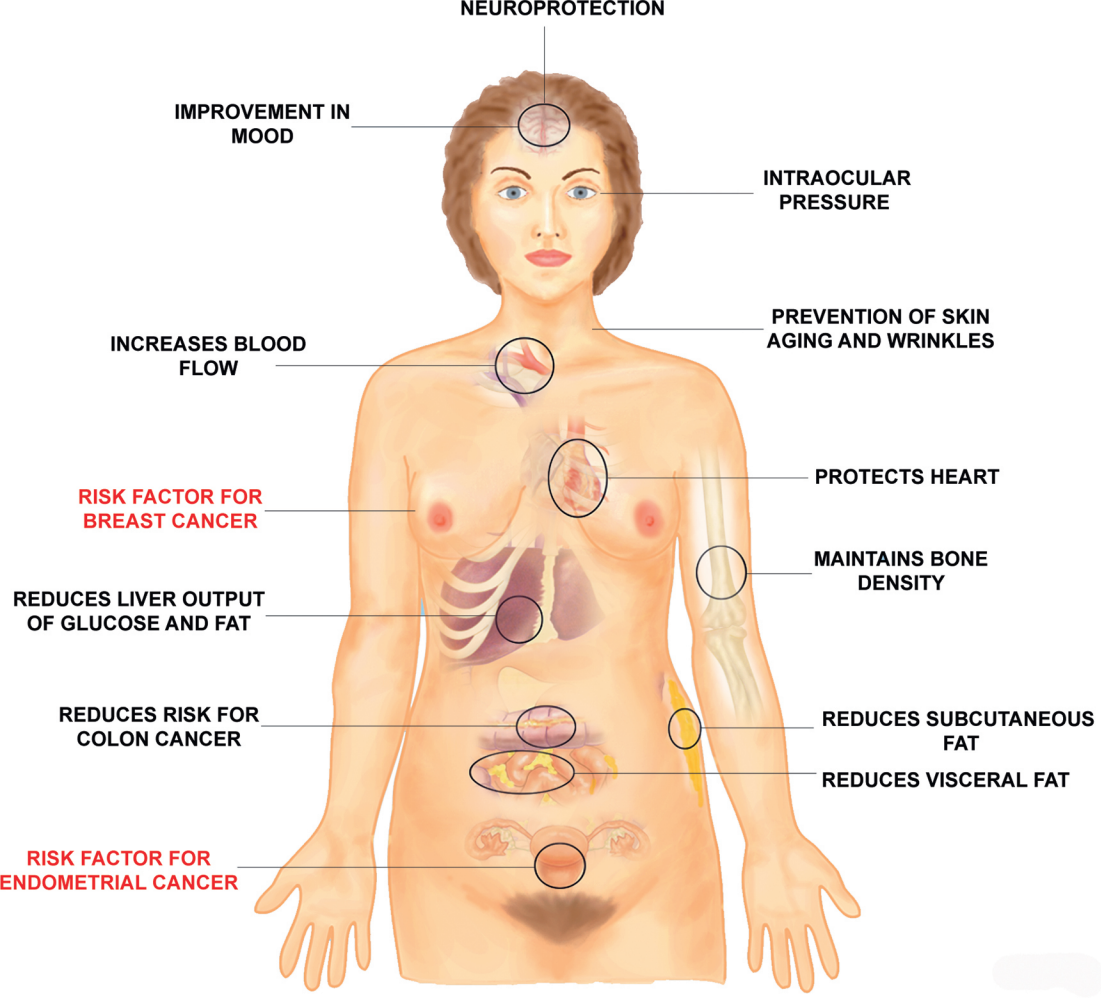
Higher blood pressure

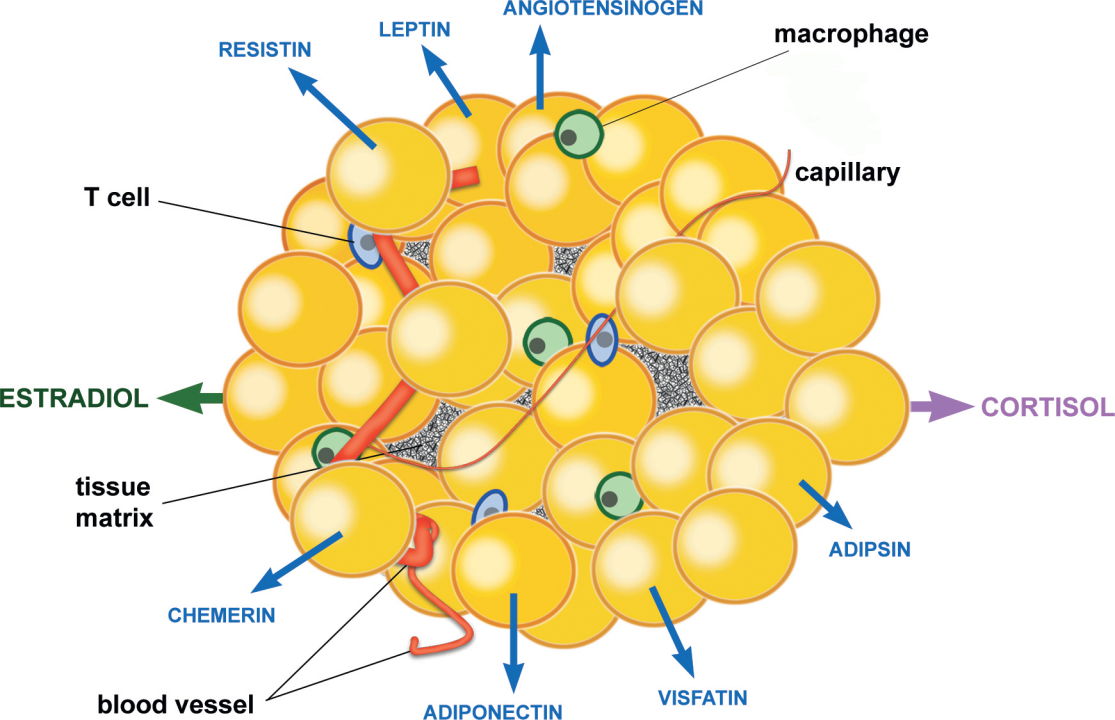
Reproductive system

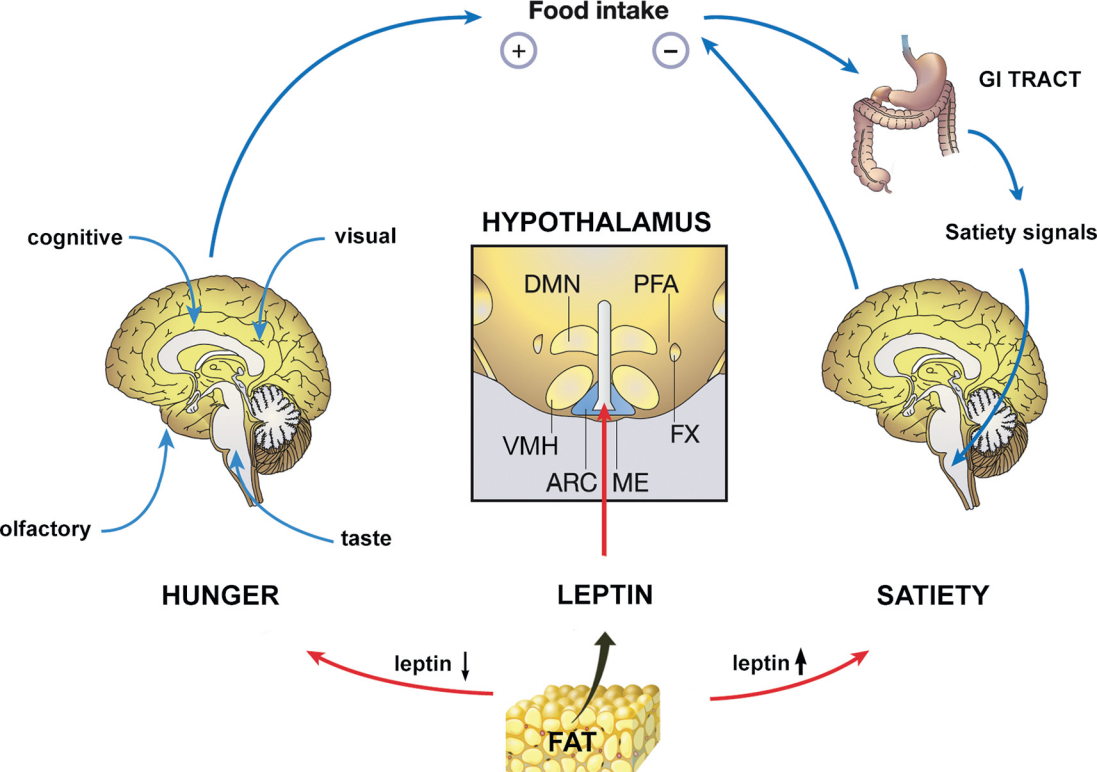
Decreased bone density (osteoporosis)

Decrease in muscle tissue

Immunosuppression







Exercise

Skeletal muscle

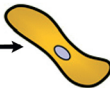


Irisin

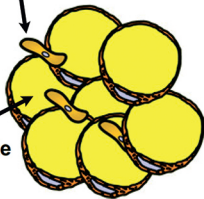


"Browning"

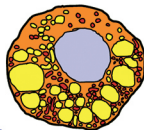
Precursor cell



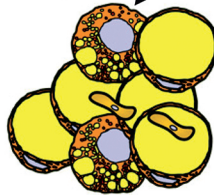
White adipocyte



White adipose tissue



Brown adipocyte



White adipose tissue enriched with ectopic brown adipocytes

