

## The Relationship between a Skull Bone and Pituitary Gland\*

The Pituitary Gland is an endocrine gland involved in healthy functioning of other hormonal glands and organs. It sits in a small dip in the **sphenoid bone** (one of the skull bones located behind the eyes), so any restrictions of this bone can lead to pituitary tensions.

The pituitary gland is known as the master control gland of the hormonal system, under the control of the hypothalamus of the brain. When stimulated, the pituitary triggers other hormonal glands to function, including the thyroid, adrenals, ovaries, and testes.

Additionally, it leads to the release of hormones that help control the following body processes:

- [Blood pressure](#)
- Blood sugar
- Growth (Excess of HGH can lead to gigantism and acromegaly)
- Some aspects of [pregnancy](#) and [childbirth](#) including stimulation of uterine contractions during childbirth
- [Breast milk](#) production
- [Sex organ](#) functions in both males and females
- Absence of menstrual cycles
- [Thyroid gland](#) function
- Adrenal Gland function
- The conversion of food into [energy](#) ([metabolism](#))
- [Water](#) and [osmolarity](#) regulation in the body
- Water balance via the control of reabsorption of [water](#) by the [kidneys](#)
- Temperature regulation
- Pain relief

\*Includes quotes and material from Barral