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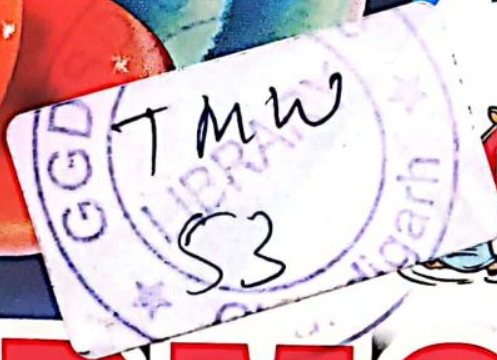
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TELL ME WHY

KNOWLEDGE MAGAZINE FOR CHILDREN

4 COOL
COLUMNS



HORMONES



THE CHEMICAL MESSENGERS
THAT MAKE YOU
LAUGH, CRY, AND GROW!

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TELL ME WHY

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THE SILENT COMMANDERS

Hormones are the silent heroes working tirelessly inside our bodies. These tiny chemical messengers are constantly on the move balancing our moods, fuelling our energy, guiding our growth, and even shaping how we feel about ourselves. One small shift in our hormone levels can create big changes, from sudden stress to a wave of calm. Though we rarely notice them, their influence is powerful and ever-present.

In this issue of *Tell Me Why*, we explore the hidden world of hormones, the body's most underrated power players. Together, we'll uncover how they shape our daily lives, and what happens when they fall out of balance. It's time we give these silent commanders the spotlight they deserve.