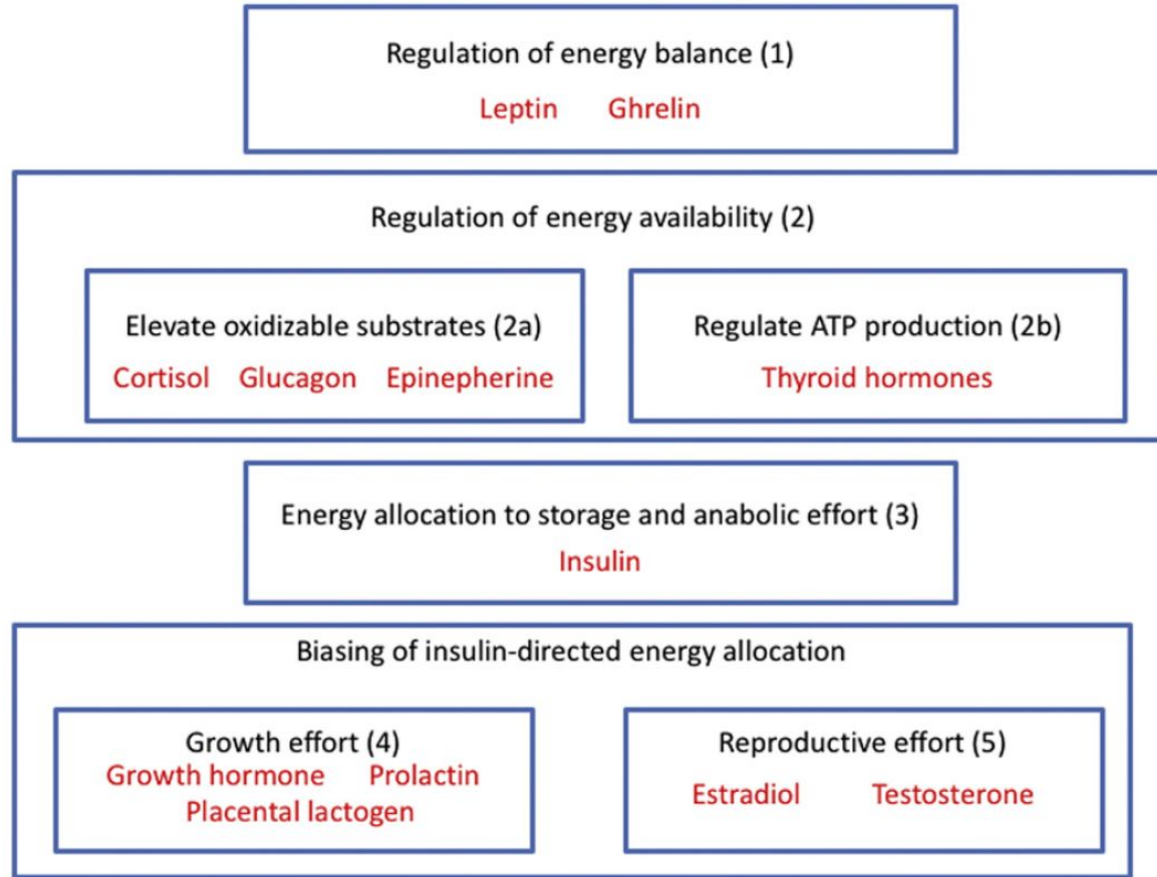


**Fig. 1.** The basic framework of energy flow underlying human life history energetics. Numbers associated with the arrows refer to the groups of hormonal regulators specified in Fig. 2. The parenthetical number associated with energy flow from available metabolic energy to activity indicates potentially weak or indirect hormonal regulation.



**Fig. 2.** Categories of hormonal regulators associated with the pathways of energy flow specified in Fig. 1. Examples of major hormonal regulators in each category are given and further elaborated upon in the text.

Schema based on Ellison  
2017, Wade & Jones 2004

Primary triage hormones  
for anabolic effort:  
Growth hormone,  
Prolactin,  
Placental lactogen

Primary hormones for  
reproductive effort:  
Testosterone,  
Estrogen, Progesterone

Growth,  
Reproduction

**3rd priority**  
(expendable)

Physical activity,  
immune function,  
protein building

**2nd priority**

Brain, heart,  
respiratory, kidney,  
liver

**1st priority**

Insulin

Function of insulin  
extends beyond clearing  
excess glucose from  
bloodstream (glucose  
homeostasis) involved in  
all forms of energy  
allocation.

Targeted buffers to 1st priority needs  
(e.g. fight or flight mode):  
Cortisol, Epinephrine, Glucagon

