30-Second Expert

**You are Gerti Cori studying the effects of hormones on respiration. Explain the gist of the following:**

* Insulin-used to help with the metabolism, break down, of carbohydrates (sugars) /fats
* Epinephrine/adrenaline (hormone used to help get blood to important muscle cells when we get scared, fight or flight, and is used to open up airways on the animal body)

# Using what you now know about respiration, write a summary about how essential insulin or epinephrine can be to the process of respiration, especially if we lack oxygen.

**What I know about this topic What I learned from my partner** 

Gist

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