

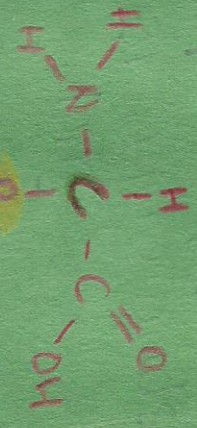
Beta-endorphin is a neurotransmitter that belongs to a class of neuropeptides known as endorphins.

EXTREME ENDORPHINS

The Only Reason to Exercise

By Madiha Crafquat

A typical amino acid



It is 31 amino acids long.

FUN FACT: There are 5 different endorphins produced by the human body!

SOURCES:

- "Runner's High." Wikipedia. Wikimedia Foundation, 15 July 2014. Web. 17 July 2014.
- "Beta-endorphin." Wikipedia. Wikimedia Foundation, 15 July 2014. Web. 17 July 2014.



Beta-endorphin is found in the hypothalamus. It is inhibitory and acts on the same receptors as opioids like morphine and heroin.

Did you know? Beta-endorphin is responsible for the sensation known as "runner's high". It is a state of euphoria induced by a period of prolonged physical stress.



Opioid receptors are G-protein-coupled receptors. When opioid or opioid agonists (like beta-endorphin) bind to these receptors, it initiates a chain of reactions that cause a postsynaptic response.

Beta-endorphin is a natural analgesic.

It is released by the body to numb pain after acute physical trauma.

FUN FACT: Beta-endorphin is 80 times more potent than morphine!