

Dr. Tiffany Describes Limbic System

The brain is the most complex organ in the human body. Well, it has many different functions that help ensure our survival. One of these is to help code things in our environment as either good for us or bad. The reward pathway of the brain helps to do this by rewarding us for interacting with things that are good for us. The reward pathway is located deep within the brain near a collection of structures called the limbic system. The limbic system is composed of several structures mostly dealing with emotion or memory. The picture here shows a few of these areas. The hypothalamus is a sort of CEO of hormone production. The hypothalamus prompts the production of hormones that control hunger, metabolism, and homeostasis or keeping the body at a consistent internal state when it comes to things like body temperature. Other areas like the hippocampus, which controls memory function and the amygdala, which controls certain types of emotion are also included in the limbic system.