

Below the Thalamus

by

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Although this structure is named below
It's just as important for all to know
It's a piece of the puzzle as a whole
With homeostasis as its ultimate goal
Sure the size is somewhat small
But without, your body just wouldn't work at all

Within the diencephalon this region hides
It paces the heart as it guides
Pleasure, rage, and nature's drive
Make us crazy and make us thrive
We sleep and wake by its clock
Setting the rhythm as if in lock

Whether you feel hungry or ate way too much
It knows the level of nutrients, hormones and such
Too much water and it tells your kidney to collect
It's also a balance to keep your H₂O in check
If you need some fluids and are dying of thirst
The release of ADH will stimulate, before it gets worse

With this system, visceral and smooth always react
It moves our food and helps your eyes contract
Whether hot or cold this special region always knows
It will adjust your thermostat as your blood flows
There is even setting for your sleep at night
It takes cues from the darkness and the light

Few tissues escape its touch
It holds homeostasis in its clutch
Through stem and cord it's an autonomic path
It can't help but express our emotion and our wrath
As the control center of hormone release
It's as much a producer as a police

Now we've proved there's more to small
For this part of the brain does so much in all
Thirst, hunger, and those emotions that run deep
Hormones, temperature, autonomic and our sleep
Well there is really not much else to discuss
Because you already know all about the hypothalamus