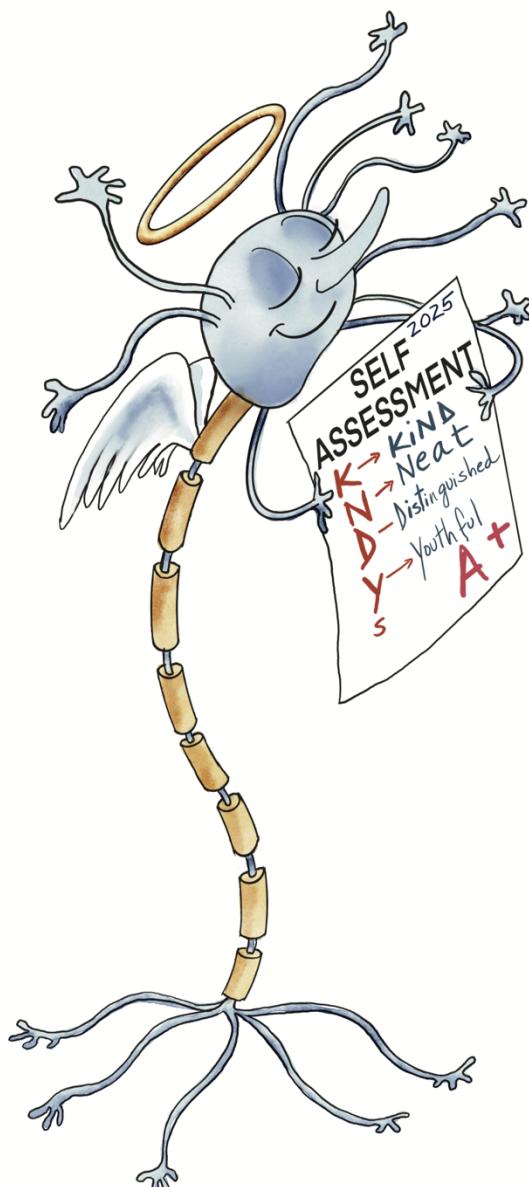




December 10, 2025

Dear Santa,

We hope you are doing well and in full health. Both branches of the Kisspeptinergic Committee decided to write together to report that we have been exceedingly good neurons this year. We are pleased to inform you that we have diligently gathered all the estrogen intelligence through our receptors and passed it, translated into kisspeptin signals, to the poor GnRH neurons who suffer from absolute alpha estrogen receptor deprivation.



We have kept an exemplary interbranch cooperation, despite residing in entirely different nuclei and employing different (and sometimes even opposite) feedback mechanisms. Our KNDy division (Arcuate Nucleus Branch) has maintained impeccable pace and been extremely obedient to estradiol when it commanded them to suppress themselves. Our AVPV/POA Division, has executed eleven magnificent LH surges this year, one per cycle, all resulting in successful ovulation. The one skipped cycle was due to other causes as we shall tell you next.

The AgRP neurons came to bully us in April 2025 during that brief caloric deficit, yelling that resources were scarce and that we ought to shut everything down. Despite their appalling attitude, we complied gracefully. As a result, one cycle was skipped. Please consider whether they deserve a Christmas present this year. So rude.

We would like to ask for nice leptin levels for everyone, freedom from too much CRH since we have had enough stress this year, and, if you can, some progesterone.

Please DO NOT confuse the addresses. Everyone does and we do not want the Candy neurons crying again.

Best regards,
The Kisspeptinergic Committee
Always ensuring ovulation is a sign of health.

DELIVERY ADDRESS – BRANCH I	DELIVERY ADDRESS – BRANCH II
KNDy Neuronal Division (Pulse Generator Dept.) The Infundibular Nucleus (a.k.a. Arcuate Nucleus [ARC] – for correspondence from North Pole mice) Hypothalamus, Central Nervous System ZIP: CNS-HYPO-INF/ARC-3V	AVPV/POA Kisspeptin Division (Surge Generator Dept.) Anteroventral Periventricular Nucleus (AVPV) & Preoptic Area (POA) Hypothalamus, Central Nervous System ZIP: CNS-HYPO-AVPV/POA-3V

Postmistress: Virginia de la Lastra, 2025
(Please do not shoot the messenger)



RETURNED TO SENDER

December 15, 2025

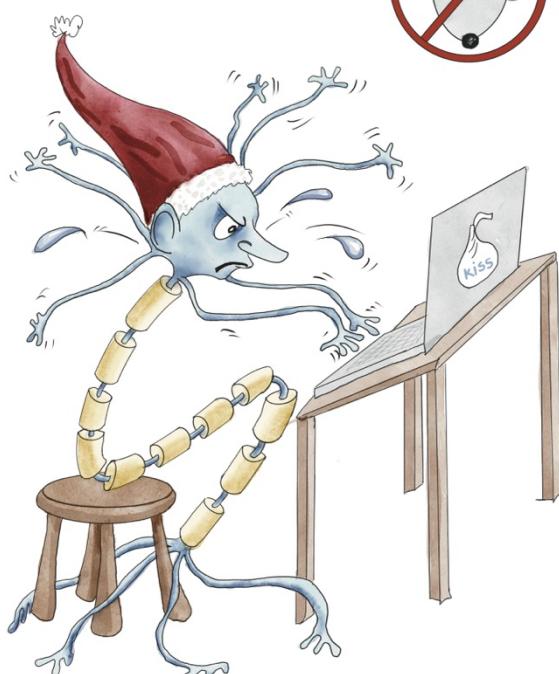
Dear Santa,

We regret to inform you that our previous letter was returned to sender. It appears our Christmas presents last year were delivered to the AVPV, a neighborhood that does not exist in humans.

We blame the rats. After decades of rodent-dominated research, their propaganda has colonized the textbooks so thoroughly that we, the human Kisspeptinergic Committee, had trouble convincing the ignorant postmistress, Ms de la Lastra, that we are not two separate departments. We never were. **There is no AVPV here.** The mice invented it for themselves and somehow convinced everyone, including our postmistress, that it applied to us too.

INFUNDIBULAR DIVISION

0 DAYS SINCE
LAST CRH
DISRUPTION



We are the **Infundibular Division**, and in humans, we are essentially *it*. While our rodent colleagues enjoy the luxury of two departments (one for pulses, one for surges), we human KNDy neurons must wear both hats. We handle negative feedback *and* positive feedback. Pulse generation *and* surge generation. It is exhausting, but we do not complain.

We do have some cousins scattered about the **Preoptic Area (POA)**, but frankly, nobody knows what they do. They do not co-express NKB or dynorphin, they have no clear role in feedback, and they refuse to answer our emails. We cannot be held responsible for parcels delivered to them.

We are pleased to report that despite this confusion; we have been exceedingly good neurons. We have diligently gathered all estrogen intelligence and passed it, translated into kisspeptin signals, to the poor GnRH

neurons who suffer from absolute estrogen receptor-alpha deprivation. We have executed eleven magnificent LH surges this year, all resulting in successful ovulation.

When the AgRP neurons came bullying in April, yelling that resources were scarce, we complied gracefully. One cycle was skipped. Please consider whether they deserve a Christmas present. So rude.

We would like to ask for nice leptin levels, freedom from excessive CRH, and, if possible, some progesterone.

Please use the corrected address below. There is only one that matters. We apologize for last year's rodent-induced confusion.

Best regards,

The Kisspeptinergic Committee (Human Nation)

Always ensuring ovulation is a sign of health.

DELIVERY ADDRESS

KNDy Neuronal Division (Pulse Generator & Surge Generator Dept.)

The Infundibular Nucleus Hypothalamus, Central Nervous System

ZIP: CNS-HYPO-INF-3V

Note: Any mail sent to "AVPV" or "Arcuate Nucleus" will be forwarded to Rat Neuron Nation, who will probably keep it. Mail sent to POA will likely remain unanswered.

Postmistress: Virginia de la Lastra, 2025 (*The messenger has learned her lesson*)