In life, there are two forms of regulation, namely positive feedback and negative feedback. Positive feedback is the accumulation of end products generated in a process, which accelerates the production of the system itself. For example, blood clotting as a response to an injury. When blood vessels are damaged, structures called platelets start to accumulate at the site. Positive feedback occurs when the release of chemicals by platelets attracts more platelets, which then initiate a complex process that closes the wound with a blood clot.

Negative feedback, on the other hand, is the accumulation of end products generated in a process, which slows down the process itself. For example, when a cell needs ATP (energy), it undergoes the process of breaking down sugar molecules to obtain ATP. When the amount of ATP produced exceeds the cell's needs, the excess ATP inhibits enzymes near the initial steps of the chemical process.

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