

Body Systems

BIBLE:

Psalms 139:14 – “I will praise thee; for I am fearfully and wonderfully made...”

Prov. 4:7 – “Wisdom is the principal thing; therefore get wisdom; and with all thy getting, get understanding.”

SOP:

REGARDING ANATOMY & PHYSIOLOGY:

“This living machinery is to be understood. Every part of its wonderful mechanism is to be carefully studied...” {7MR 324.2}

“The study of **ANATOMY**, the form and structure of the body; of physiology, the use and functions of the various organs; and of hygiene, the laws that underlie their healthful activities, **is pursued from a Biblical and scientific point of view.**” {RH, October 11, 1898 par. 12}

“...A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance, that among the studies selected for childhood, physiology should occupy the first place. How few know anything about the structure of functions of their own bodies.”
(CH 38.1)

“My people are destroyed for lack of knowledge...” (Hosea 4:6)

“...A knowledge of physiology and hygiene should be the basis of all educational effort.” {CG 360.4}

“In the **study of physiology**, pupils should be led to **see the value** of physical energy and **how it can be so preserved and developed as to contribute in the highest degree to success in life's great struggle.**”
{CG 343.2}

“...The **health should be as faithfully guarded as the character.** A knowledge of physiology and hygiene should be the basis of all educational effort.” {CG 360.4}

“The student of **physiology should be taught** that the object of his study is not merely to gain a knowledge of facts and principles. This alone will prove of little benefit....**The great requisite in teaching these principles is to impress the pupil with their importance, so that he will conscientiously put them in practice.**” {CG 362.4}

“**In giving your children lessons in physiology**, and teaching them how to cook with simplicity and yet with skill, **you are laying the foundation for the most useful branches of education...**” {CG 374.2}

“**Parents should seek to awaken in their children an interest in the study of physiology.**” {CTBH 70.3}

“**OUR MINISTERS SHOULD BECOME INTELLIGENT ON HEALTH REFORM. They need to become acquainted with physiology and hygiene...**” {CD 452.1-.2}

“**The importance of caring for the health should be taught as a Bible requirement...The science of education includes as full a knowledge of physiology as can be obtained.**” {CT 295.1}

“All should have an intelligent knowledge of the human frame that they may keep their bodies in the condition necessary to do the work of the Lord...[All need to become acquainted with their physical structure...](#)” {COL348.1}

“...the people of God must know themselves. [They must understand in regard to their own physical frames,](#)
that they may be able with the psalmist to exclaim, “I will praise Thee, for I am fearfully and wonderfully made...” {CD 33.1}

ANATOMY & PHYSIOLOGY in the Natural Remedies Encyclopedia (7th Edition):

- **Basic Physiology** may be found on Pages 1010-1024
- **Basic Anatomy** may be found on Pages 1025-1040

Note: [Kaplan medical anatomy coloring book](#) is an excellent coloring book for teaching the anatomy.

THE BODY IS COMPOSED OF:

- Cells
- Tissues
- Organs
- Systems
- Human Body

QUESTION: WHAT IS A CELL?

ANSWER: The cell is the basic structural and functional unit of all known living organisms. It is the smallest unit of life that is classified as a living thing, and is often called the building block of life (from Wikipedia).

FIVE NEEDS OF THE CELL

1. **Oxygen** (Without Oxygen, cells die in about three minutes)
2. **Water** (Without water, cells would die in a few days)
3. **Nutrients** (Without nutrients, cells would die in several weeks)
4. **Waste Elimination** (Without adequate elimination, the cells die within hours)
Elimination takes place through the SKIN, LUNGS, KIDNEYS, RECTUM/ANUS
5. **All Poisons are to be kept out** (this includes additives, preservatives, artificial food coloring, HFCS, Agave, artificial sweeteners, everything with MSG, including the 25 names of hidden MSG, vinegar, pepper, spices, sugar, condiments, coffee, tea, tobacco, all forms of alcohol, medication, etc.)

LIKE CELLS MAKE LIKE TISSUES

THERE ARE 4 TYPES OF TISSUE IN THE BODY:

1. **Connective Tissue** – Connective tissue holds other tissues together such as in the formation of organs, and has the ability to stretch and contract passively.
2. **Muscle Tissue** – Muscle tissue functions to produce force and cause motion, either locomotion or movement within internal organs.
3. **Nervous Tissue** – Cells comprising the central nervous system and peripheral nervous system are classified as neural tissue. In the central nervous system, neural tissue forms the brain and spinal cord and, in the peripheral nervous system forms the cranial nerves and spinal nerves.
4. **Epithelial Tissue** – The cells comprising an epithelial layer are linked via semi-permeable, tight junctions; hence, this tissue provides a barrier between the external environment and the organ it covers. Epithelial tissue helps to protect organisms from microorganisms, injury, and fluid loss.
(taken from UK answers yahoo)

THESE LIKE TISSUE MAKE LIKE ORGANS:

Examples of these would be the Brain, Heart, Lungs, Liver, Colon, etc.

Like Organs make the Systems of the Body

THERE ARE 11 SYSTEMS OF THE BODY:

I usually give these in alphabetical order, but the way I will be giving them is according to an **ACRONYM...**

My Sister Rachel Is Extremely Nervous Cuz Uncle Donny Recently Left.

M is for **MUSCULAR** System

S is for **SKELETAL** System

R is for **RESPIRATORY** System

I is for **INTEGUMENTARY** System

E is for **ENDOCRINE** System

N is for **NERVOUS** System

C is for **CARDIOVASCULAR/CIRCULATORY** System

U is for **URINARY** System

D is for **DIGESTIVE** System

R is for **REPRODUCTIVE** System

L is for **LYMPHATIC** System aka Immune System

- The **MUSCULAR SYSTEM** includes the Muscles & Tendons
- The **SKELETAL SYSTEM** includes the Bones, Cartilage, & Ligaments
- The **RESPIRATORY SYSTEM** includes the Nose, Pharynx, Larynx, Lungs, Pleura, Bronchii, & Alveoli
- The **INTEGUMENTARY SYSTEM** includes the Skin, Hair, & Nails
- The **ENDOCRINE SYSTEM** AKA the **GLANDULAR SYSTEM** or **HORMONAL SYSTEM** includes the Glands of the Body, such as the Pineal Gland, Thyroid Gland, Adrenal Glands, etc.
- The **NERVOUS SYSTEM** includes the Brain, Nerves, and Spinal Column

The nervous system is divided into two main systems,

1: The central nervous system (CNS):

The spinal cord and the brain make up the CNS. Its main job is to get the information from the body and send out instructions.

2: The peripheral nervous system:

The peripheral nervous system is made up of all of the nerves and the wiring. This system sends the messages from the brain to the rest of the body.

- The **CARDIOVASCULAR/CIRCULATORY SYSTEM** includes the Heart, Arteries, Veins, Capillaries, and Blood
- The **URINARY SYSTEM** includes the Kidneys, Ureters, Bladder, & Urethra
- The **DIGESTIVE SYSTEM/GASTROINTESTINAL (GI) SYSTEM** includes the Mouth, Esophagus, Stomach, Small & Large Intestines, Appendix, Rectum, Anus, Liver, & Gall Bladder
- The **REPRODUCTIVE SYSTEM** includes the male and female organs that are included for reproduction.
- The **LYMPHATIC/IMMUNE SYSTEM** includes the Lymph Nodes, Lymph Vessels, Spleen, White Blood Cells, TCells, etc.

There are 206 Bones in the Body and 600+ Muscles.

The mineral that is mostly for the bones is CALCIUM (Ca)

WHILE

Magnesium is for the muscles.

MAGNESIUM (MG) is nature's #1 muscle relaxer

- **Never, never, never should you take a supplement where the ratio of calcium is more than the ratio of magnesium.**
- **There are** more muscles in the body than there are bones, therefore, more magnesium than calcium is required for health. Otherwise, you could have clogged arteries or blood clots.

Link to our blog: <https://livingbytheblueprint.com/>

Go to next page for questions

Body Systems

(Questions)

1: What is the basic unit of all living matter? _____

2: What are the 5 needs of the cell?

1. _____
2. _____
3. _____
4. _____
5. _____

3: Like cells make like _____; like _____ make like _____; like _____ make like _____.

4: Name 4 examples of body organs.

1. _____
2. _____
3. _____
4. _____

5: What is the ACRONYM for the 11 body systems? _____

6: Please list all 11 body systems

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

7: How many bones are in the human body? _____

8: What is nature's #1 muscle relaxer? _____

9: Name two ways, besides using supplements, to get magnesium into the body.

1. _____
2. _____