

# Holistic Anatomy: An Integrative Guide To The Human Body

## Chapter 4: The Skin or Integumentary System

### Section 1: Fill in the Blank

Use your book to help complete each question.

1. The Largest organ in the body, the \_\_\_\_\_, or skin, is an outer protective layer shaping the body. (pg. 53)
2. The skin makes a tough \_\_\_\_\_ barrier, which keeps out unwanted visitors and keeps water and nutrients inside. (pg. 54)
3. The skin breathes; \_\_\_\_\_ and carbon dioxide can enter and leave, but only a very little bit. In Chinese medicine, the skin is known as the third lung. (pg. 55)
4. We regulate our \_\_\_\_\_ largely via the skin. (pg. 56)
5. Skin cells make vitamin D by using the power of the \_\_\_\_\_. (pg. 57)
6. There is a close relationship with the \_\_\_\_\_ system. Although it is actually through sensory nerve receptors that we feel things, all this experience of the outside world is mediated via the skin. (pg. 62)
7. In relationship to the \_\_\_\_\_ system, it is the skin that mediates change of temperature in the body via sweating and blood vessel constriction or dilation. (pg. 62)
8. The skin is a vital barrier in the front line against \_\_\_\_\_, thus being important for the immune system. (pg. 62)