

Holistic Anatomy: An Integrative Guide To The Human Body

Chapter 1 The Orientation of The Human Body

Section 1: Fill in the Blank

Use your book to help complete each question.

1. Anatomy is the study of the **STRUCTURE** of the body. (pg. 5)
2. Physiology is the study of life or **FUNCTION**. (pg. 6)
3. Pathology is the study of what can go **WRONG**: disease. (pg. 6)
4. What are the four basic types of tissue found in the body? (pg. 7)
 - a. **EPITHELIAL**
 - b. **MUSCLE**
 - c. **NERVOUS**
 - d. **CONNECTIVE**
5. The maintenance of **HARMONY** and **BALANCE** within the organism is known in Western physiology as homeostasis (although this relates only to the body.) Uniquely in world cultures, modern Western science does not recognize the existence of Spirit, and is just barely beginning to understand the Mind. (pg. 7)
6. The **SKELETON** makes areas of bony protection for squishy internal organs to hide within: the cranium of the skull protects the brain, and the vertebral column protects the spinal cord as it passes down the bony canal. (pg. 9)
7. The **CARDIOVASCULAR** system is the means by which things are transported through the body. Nutrients, waste products, hormones, and in traditional Chinese Medicine, Chi Energy- all rely on the circulation to get around. (pg. 11)
8. The circulatory system is backed up by the **LYMPHATIC** system, a collection of tubes called **LYMPH** vessels that begin in the tissues and, like the veins, drain waste products and water. This lymph fluid is filtered and cleaned by lymph nodes, and eventually returned to the blood. The **LYMPHATIC** system is also heavily involved in **IMMUNITY**, protecting the body from outside organisms, cleaning up toxins, and destroying abnormal cells. (pg. 11)
9. The **LUNGS** are one of the most delicate organs in our bodies, part of the respiratory system, a series of pipes ending in tiny air sacs, or alveoli, that are surrounded by a network of minute (my-NOOT = tiny) blood vessels. (pg. 11)
10. **HORMONES** are a kind of homemade drugs, crucial to the way the body communicates with itself and controls its activities. (pg. 12)
11. In the world of physiology, **NEGATIVE** feedback means that when rising levels of a certain thing are detected by the body, that information is sent to a control center, which then sends a command to put something into motion to decrease that thing.