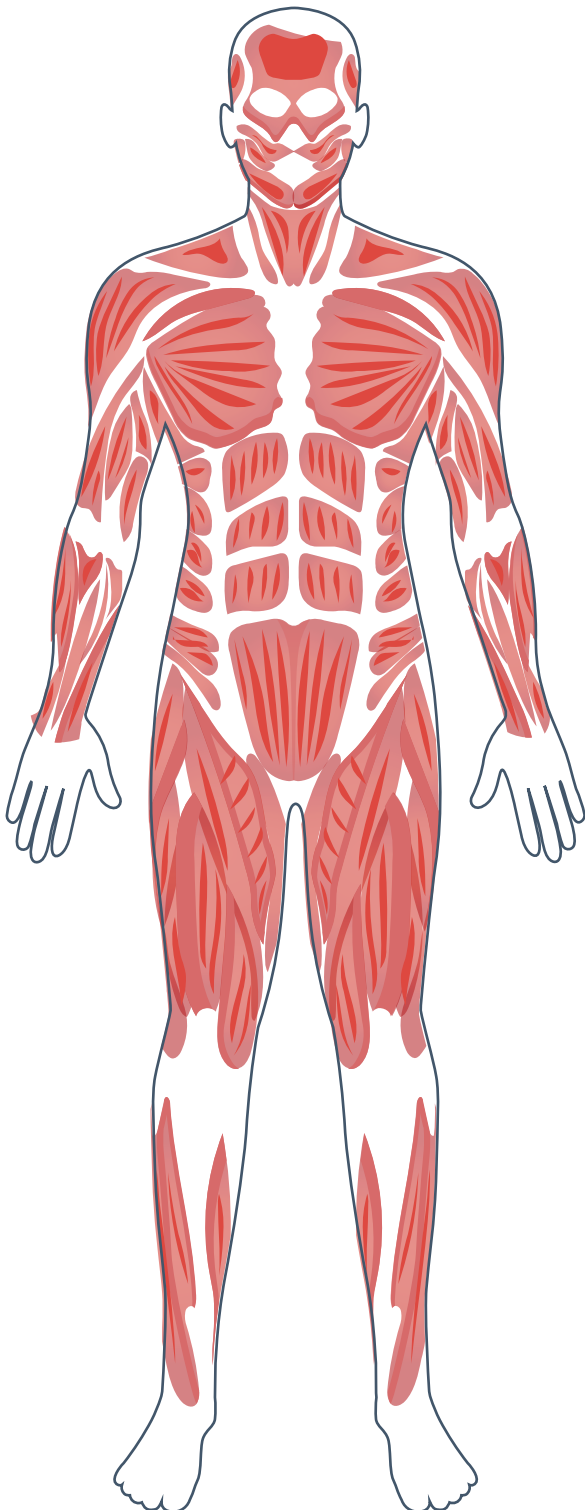

Musculoskeletal System



The musculoskeletal system provides the framework and the engine for our movement, posture, and physical abilities.

This organ system includes the:

- ◇ Skeleton
- ◇ Muscles
- ◇ Tendons
- ◇ Ligaments attached to the skeleton

The three types of muscles in the body are:

- ◇ Skeletal (voluntary)
- ◇ Smooth (visceral or involuntary), which are inside walls of organs like the intestines
- ◇ Cardiac (heart muscle)

Only skeletal muscle is considered part of the musculoskeletal system.



YOUR LOGO

Your Message or Tag Line (Optional)

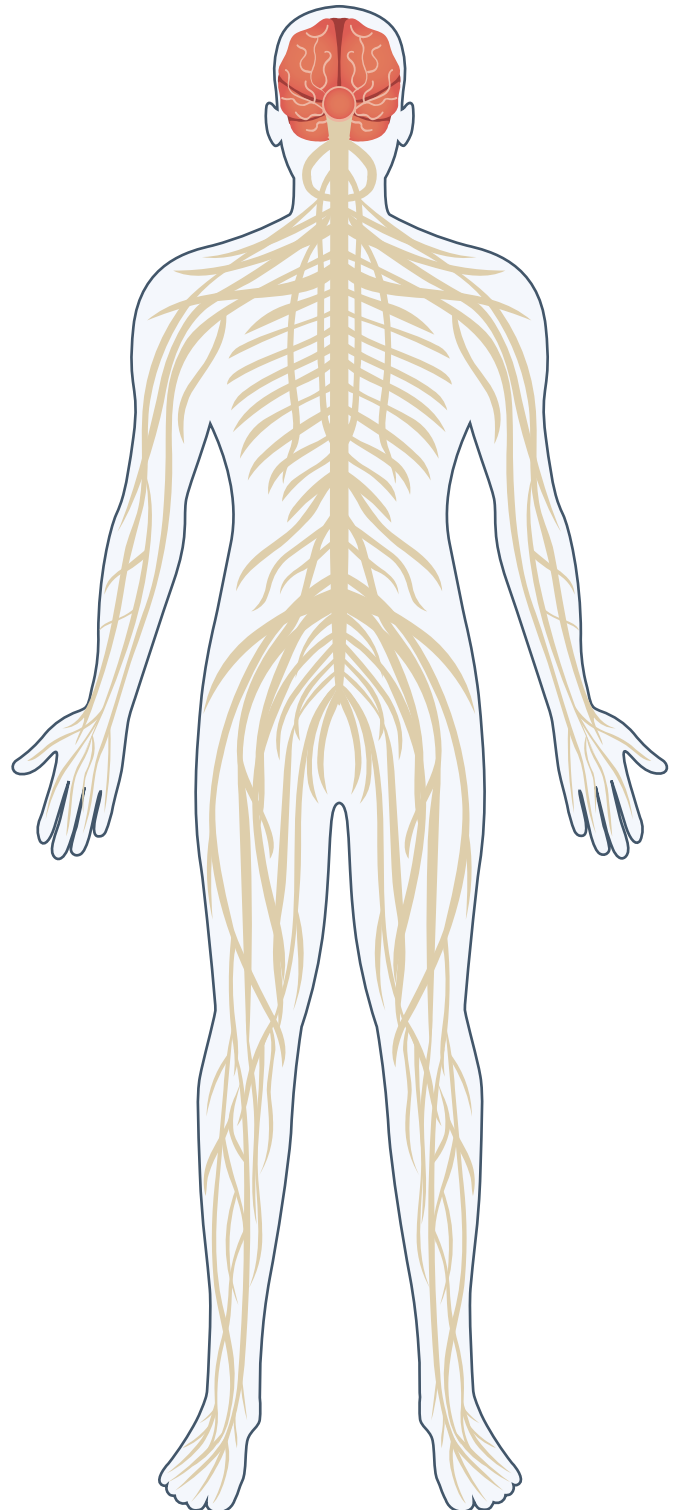
Nervous System

The nervous system is a network that makes it possible for different parts of the body to communicate with one another. Think of it as your body's command station. All body processes, reactions, thoughts, and movements stem from this organ system.

The nervous system is incredibly detailed and includes the:

- ◇ Brain
- ◇ Spinal cord
- ◇ All the nerves connected to both of these organs

It contains the only tissue that isn't fed directly through contact with blood.

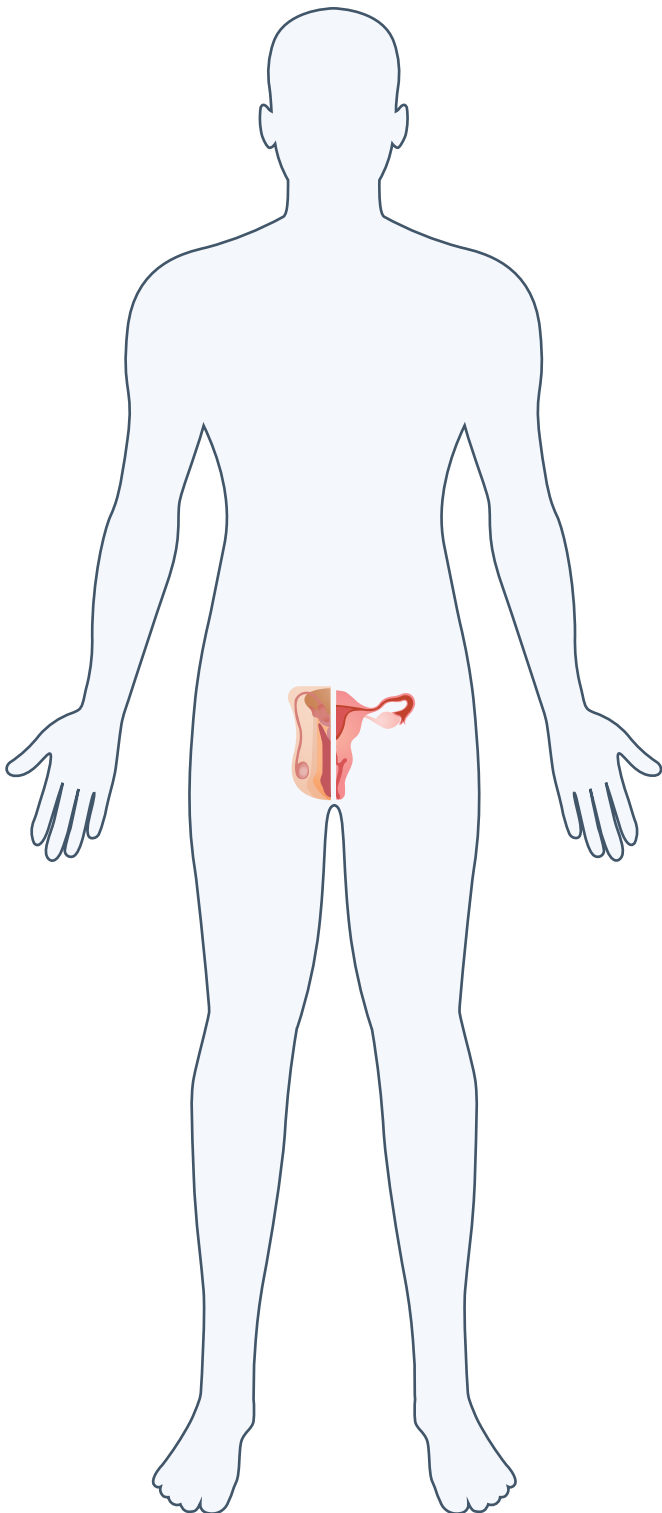




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Reproductive System



This is the only organ system that is not complete in any one body and requires another person (or medical intervention) to complete its mission, which is to produce offspring.

The male reproductive system includes the:

- ◇ Penis
- ◇ Testicles

The female reproductive system includes the:

- ◇ Vagina
- ◇ Uterus
- ◇ Ovaries

Aside from their direct roles in reproduction, the ovaries and testicles also play important roles in the endocrine system, producing estrogen, testosterone, and progesterone.



Immune System

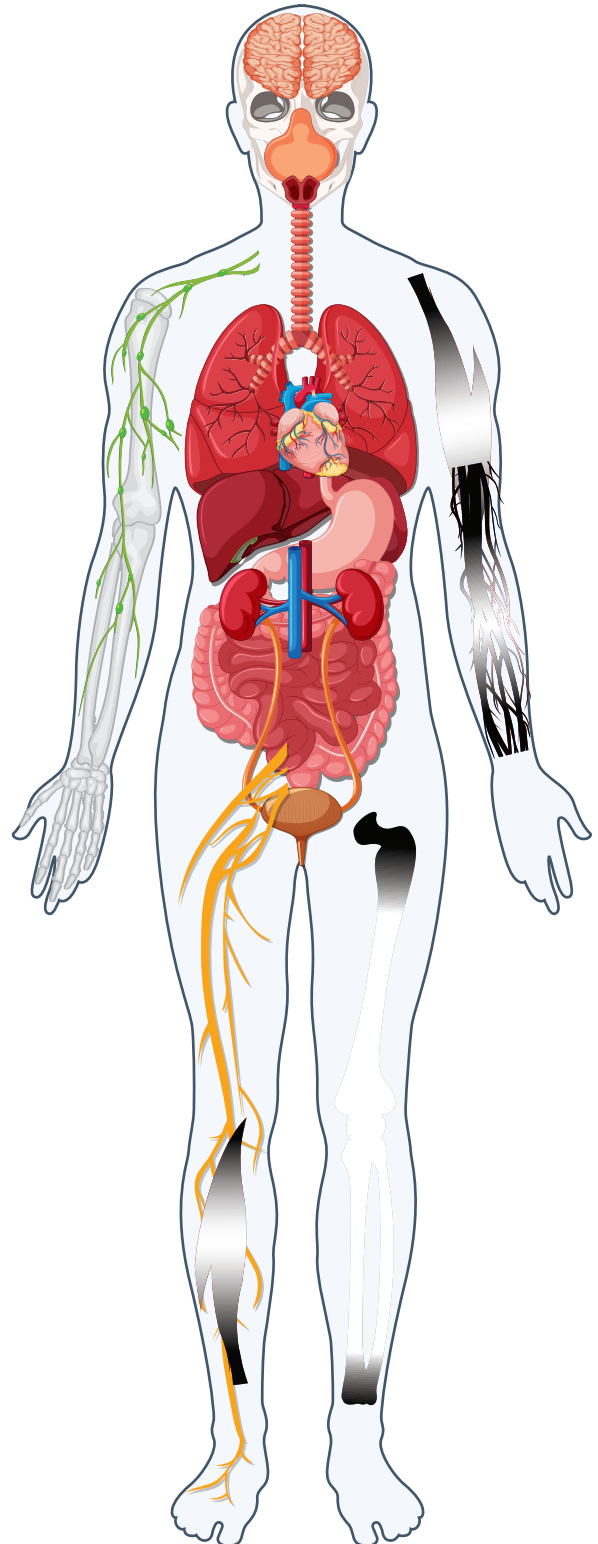
The immune system helps the body fight against infection and other diseases. It is listed last because, while it's important for survival, all of its organs are borrowed from other organ systems.

The immune system organs work like sailors on a navy ship: Each one has a primary duty and is cross-trained for other jobs.

The primary organs of the immune system are

- ◇ Lymph nodes
- ◇ Bone marrow
- ◇ Thymus
- ◇ Spleen
- ◇ Adenoids
- ◇ Tonsils
- ◇ Skin

Because of the interplay between organs from various other systems, the immune system is one of the most complicated systems of all.



Summary

Your body has 11 different organ systems. Each group of organs has a different set of complex functions such as movement, breathing, digestion, reproduction and thousands of others.

In some cases, one system works closely with another on a particular task. For example, the endocrine system interacts with the gastrointestinal system to control digestion and metabolism.

When your organ systems are working properly, they help your body stay in balance and maintain your health.

A singular focus on weight-loss through restricted calorie dieting or any extreme measure will most surely compromise this MIRACLE that is YOU!

