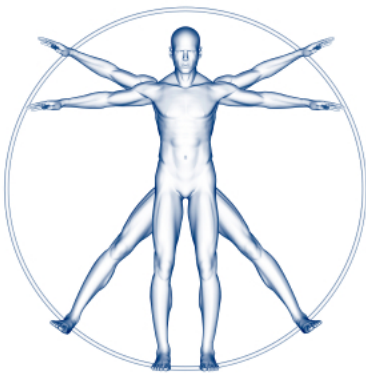




Anatomy & Physiology



Anatomy and Physiology was written to give the big picture view on the complex workings of the human body.

Each month we will be exploring a different system of the human body to get the general idea of how it works.

Interspersed throughout each system we will look at how an herbalist can use this information in relationship to herbal health. In this way we learn not only how the body works, but also a glimpse into the magic of how herbs affect the body.

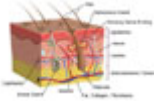
As we learn how the human body works we can further deepen our understanding of health, healing, and the roles that herbs can play in this process. We can then move from recommending a certain herb for a certain issue to understanding how demulcent herbs can soothe the urinary or digestive tract, or how astringent herbs affect mucosal tissues.

Each section we will be separating the systems in the body for simplicity; however, there is no way to actually do this. Rather than a separatists view, the systems of our bodies are all interconnected, and absolutely impossible to completely separate. I hope you will keep this in mind when reading these.

This Anatomy and Physiology section was written for someone who has not previously studied this area before, but it is my hope that those on an intermediate level will find value in these articles as well.

Following each section there will be a listing of further reading for those of you who are inspired to go deeper into understanding how the human body works.

Recent articles [Integumentary System](#) Aug 4, 2010

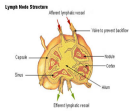


The integumentary system is made up of the skin and all of the tissues that form out of the skin such as nails, hair, and some glands. Herbalists rely on the physiology of the skin to better understand an individual.

[Immune System](#) May 28, 2010



Our immune system is the way we protect ourselves against pathogens and tumor cells. It is a set of biological structures and processes that can detect a wide variety of invading microorganisms from viruses to bacteria to parasites... [Lymphatic System](#) Apr 20, 2010

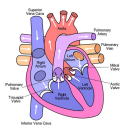


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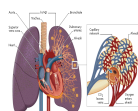
About 8% of human body weight is blood. The average human adult has about 5 liters of blood circulating in their body. Blood is a specialized fluid in the body with several important roles...

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The cardiovascular system is a continuation of that oxygenation process. The heart pumps blood through a closed system of blood vessels in order to bring oxygen and other nutrients to the cells throughout the body...

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Explore the different organs of the respiratory system to better understand the physiological function of breathing. Learn different pathologies or problems within the respiratory system by reading articles written by herbalists... [Men's Reproductive System](#) Nov 21, 2009



An herbalist's perspective of the male reproductive system. Basic anatomy, physiology, and resources for men's reproductive health. Also, common complaints such as prostatitis and prostate cancer... [Women's Reproductive System](#) Sep 8, 2009



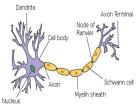
The internal organs of the Women's Reproductive System include the ovaries, uterus, and vagina. The external organs include the vulva and its various structures.... [Musculoskeletal Part II \(Muscles\)](#) Jul 22, 2009



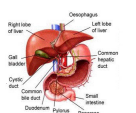
In Part II of the Musculoskeletal System, we will get a closer view of the muscles of the body as well as the fascia associated with the muscles. Also, information on treating chronic illnesses of the muscular system... [Musculoskeletal Part I \(Bones & Joints\)](#) May 29, 2009



The musculoskeletal system is made up of bones, muscles, and various connective tissues like fascia, tendons, ligaments, and cartilage... [The Nervous System](#) Apr 26, 2009

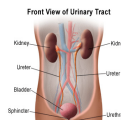


The nervous system is a vast network that controls almost every aspect of our being. Our ability to move, breathe, digest food, sense, feel, all come from the complex nervous system functions. [The Liver](#) Mar 29, 2009



The liver is the largest abdominal organ in the human body. An in-depth look at the liver and its many important functions. It is located mainly on the right side of the body...

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