

A Lesson About The Human Body

Answer:

It's the largest organ of the human body



First Clue:



It's the body part that manufactures Vitamin D, needed to convert calcium into healthy bones

Last Clue:

Without this body part, you would literally evaporate



What Is...

Your skin!



Skin Summary:

Your skin is your body's largest organ. It manufactures Vitamin D, needed to convert calcium into healthy bones. Without skin, you would literally evaporate!

Answer:

They're the only internal organs that are constantly exposed to the external environment





First Clue:

Believe it or not, they
can float on water

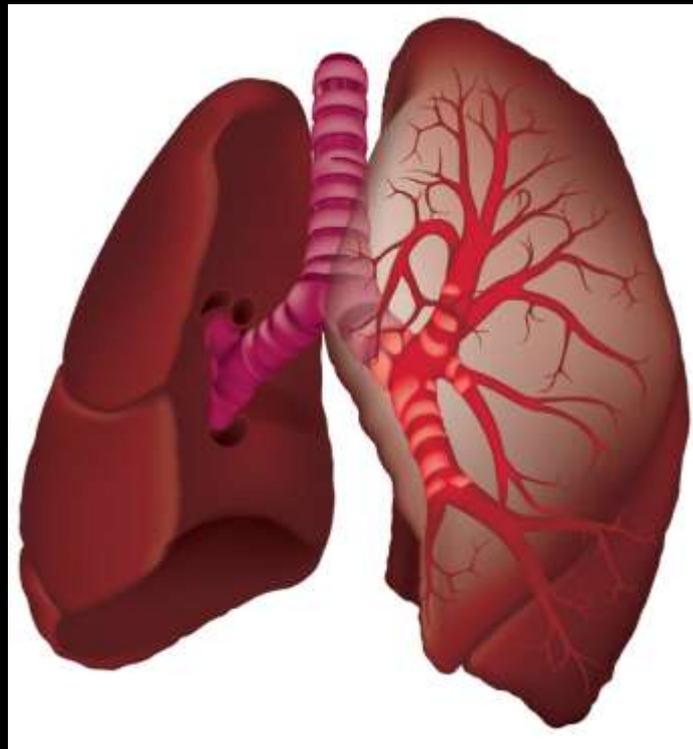
Last Clue:

If stretched out,
their interior would
cover a tennis court



What Are...

Your lungs!



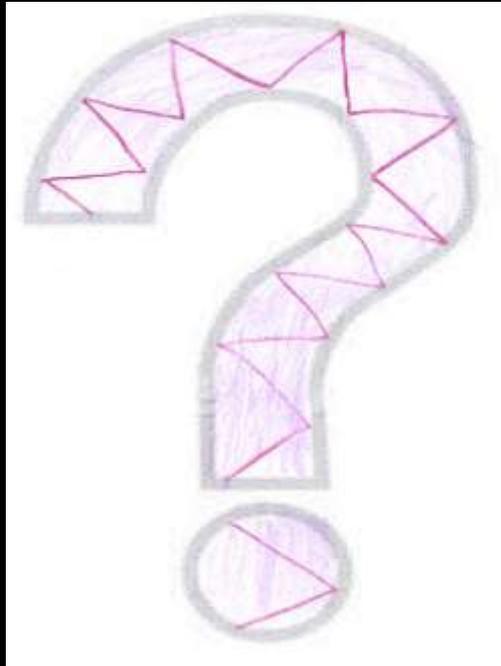
Lungs Summary:

Your lungs are the only organs constantly exposed to the external environment. Believe it or not, they can float on water. If stretched out, the interior of your lungs would cover a tennis court.

Answer:

These organs play a significant role in regulating the pH of your body





First Clue:

They keep your blood
clean and chemically-
balanced

Last Clue:

Diabetes and high blood pressure are the two leading causes of these organs' failure



What Are...

Your kidneys!



Kidneys Summary:

Your kidneys play a significant role in regulating the pH of your body.

They keep your blood clean and chemically-balanced. Diabetes and high blood pressure are the two leading causes of kidney failure.

Answer:

This muscle contracts about
2.5 billion times during the
average life span



First Clue:

There is a strong link
between it and gum
disease



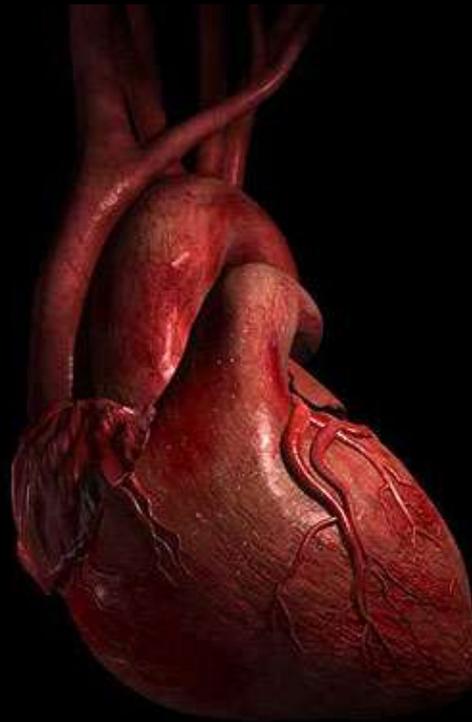
Last Clue:



It creates enough pressure to squirt blood at a distance of thirty feet

What Is...

Your heart!



Heart Summary:

The heart contracts about 2.5 billion times during the average life span. There's a strong link between heart disease and gum disease. Your heart creates enough pressure to squirt blood a distance of thirty feet.

Answer:

This organ acts as a filter against diseased organisms



First Clue:

It very often becomes
a site of infection



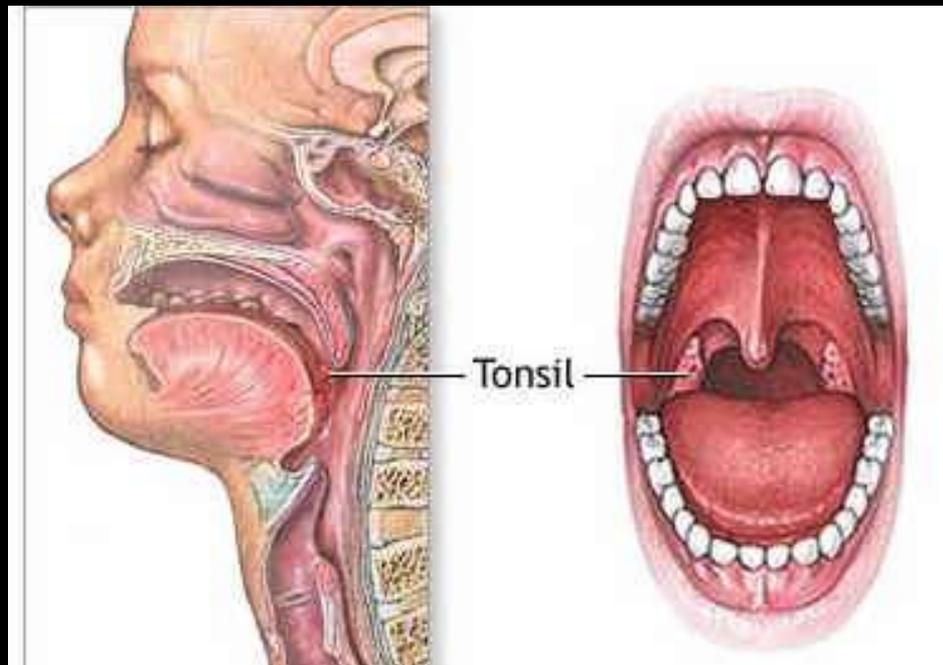
Last Clue:

Their removal from
the body is one of
the oldest and most
unnecessary
surgical procedures
known to man



What Are...

Your tonsils!



Tonsils Summary:

Tonsils act as a filter against disease organisms, and often become a site of infection.

Removal of the tonsils is one of the oldest and most unnecessary surgical procedures known to man.

Answer:

Except for your brain, they're the most complex organs you possess



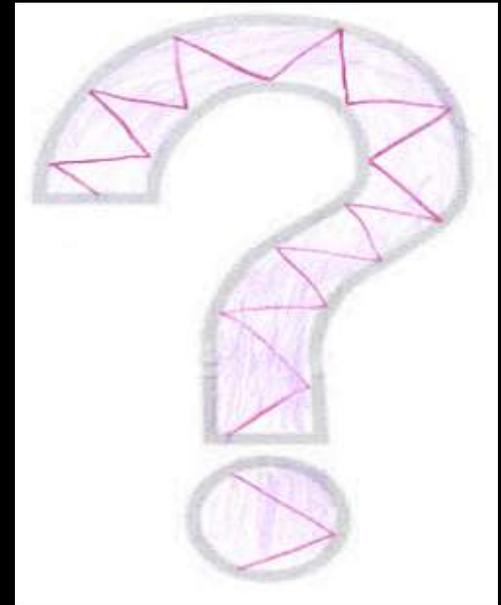


First Clue:

They can process
36,000 bits of
information every hour

Last Clue:

They're the only part of your body that can function at 100% of their potential at any moment, day or night, without rest



What Are...

Your eyes!



Eyes Summary:

Aside from your brain, your eyes are the most complex organs you possess.

They can process 36,000 bits of information every hour. The eyes are the only parts of your body that can function at 100% of their ability at any moment, day or night, without rest.

Answer:

This organ can flush toxins, sludge, fat and small stones from your body



First Clue:



It's pear-shaped and
located right beneath
the liver

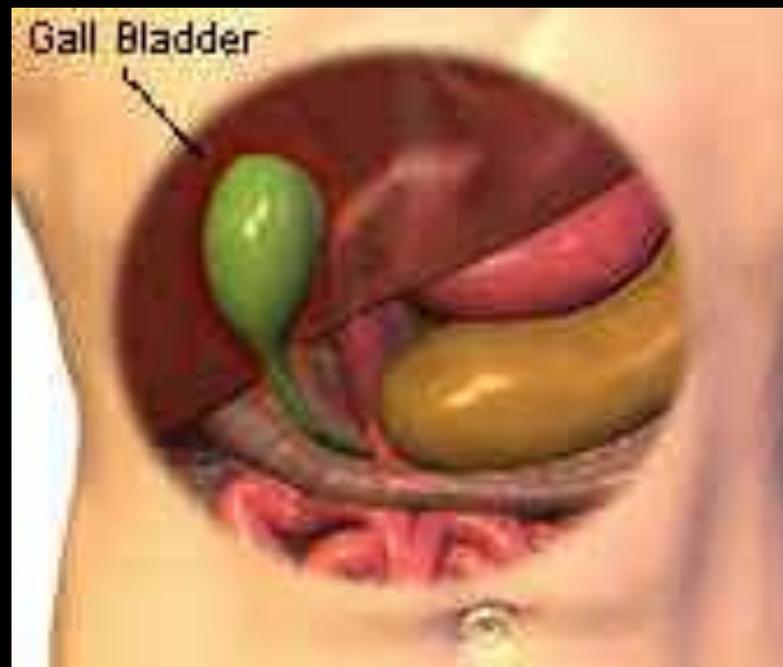
Last Clue:

When inflamed, it produces symptoms similar to those of indigestion



What Is...

Your gallbladder!



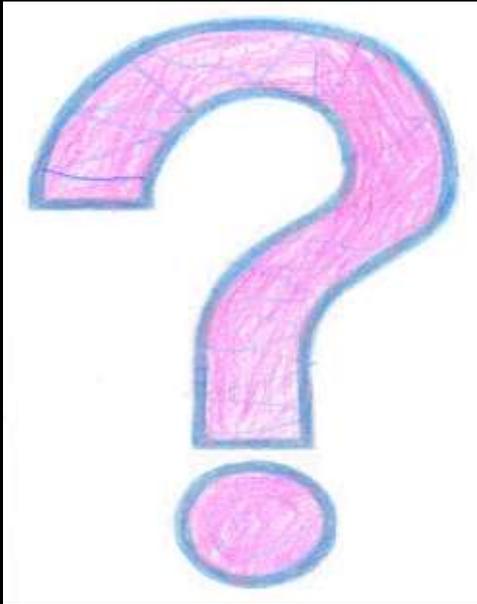
Gallbladder Summary:

Your gallbladder can flush toxins, sludge, fat and small stones from your body. It's little, pear-shaped and located right beneath the liver. An inflamed gallbladder results in symptoms similar to those of indigestion.

Answer:

It's an organ about the size of
an almond





First Clue:

It produces estrogen,
progesterone and
testosterone

Last Clue:

At birth, it contains
all of the egg cells it
will ever possess...
about 500,000



What Are...

The ovaries!



Summary:

Each ovary is about the size of an almond. It produces estrogen, progesterone and testosterone. At birth, a woman's ovary contains all of the egg cells it will ever possess... about 500,000.

Answer:

It's the organ that converts glucose (sugar) to glycogen (your main source of stored energy)



First Clue:



It makes amino acids, the building blocks of proteins

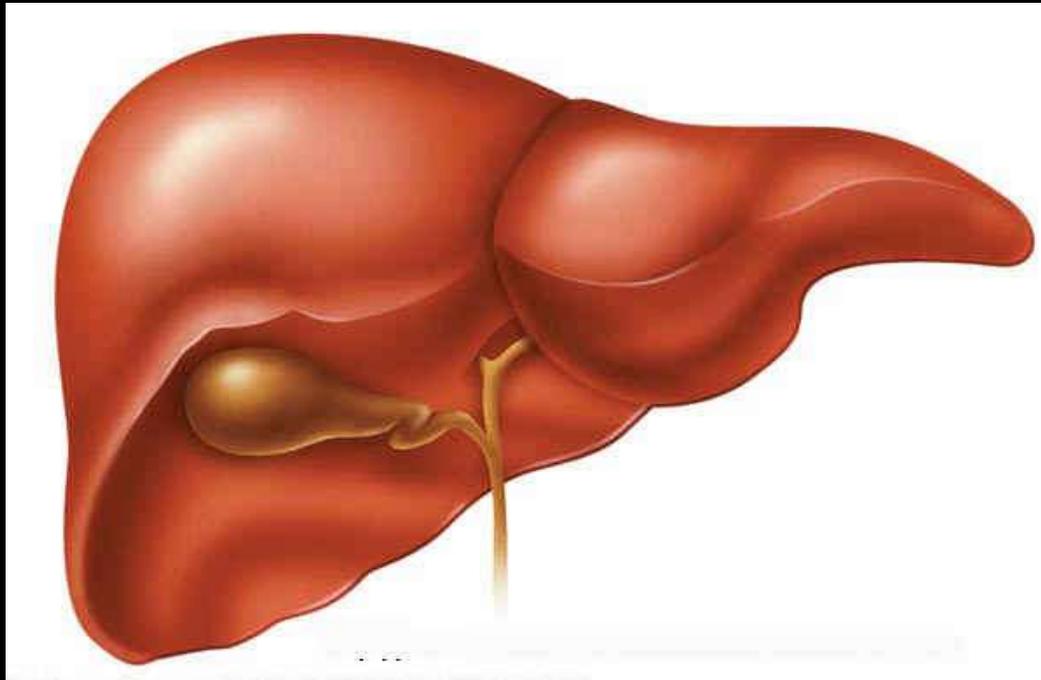
Last Clue:

It serves as a
storage unit for
vitamins and
minerals



What Is...

Your liver!

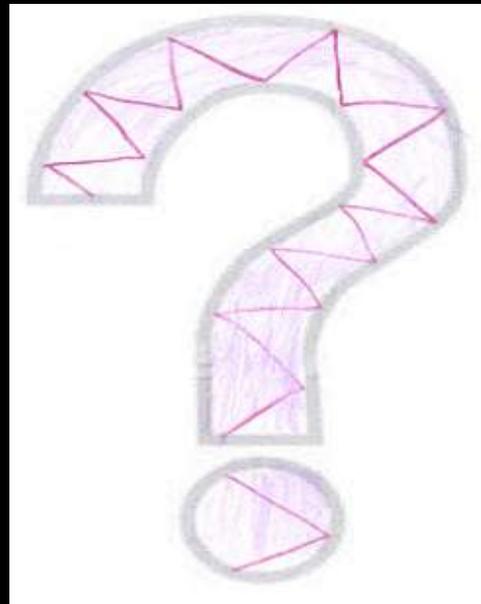


Liver Summary:

Your liver converts glucose to glycogen, so you can use sugar as a source of energy. It also makes amino acids, the building blocks of protein, and is a storage unit for vitamins and minerals.

Answer:

An endocrine gland, it's responsible for producing hormones





First Clue:

It's shaped like a boomerang

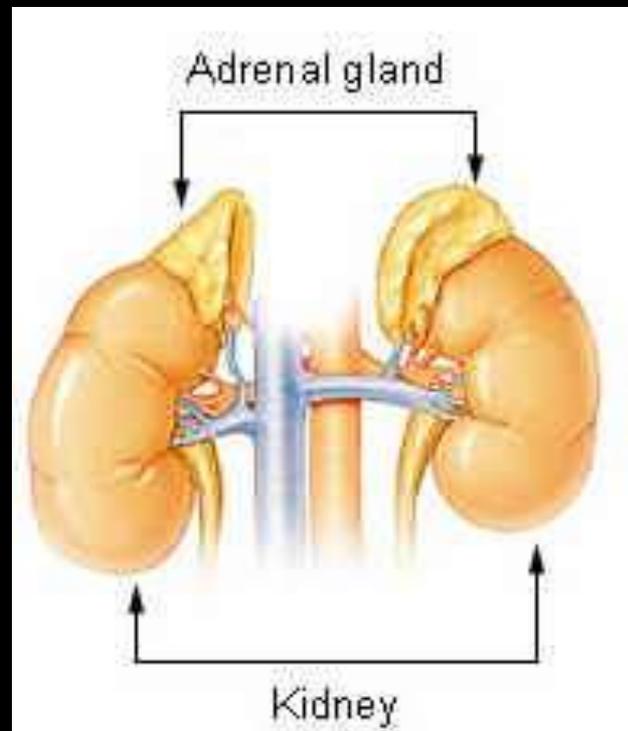
Last Clue:

It produces
adrenaline



What Are...

Your adrenal glands!



Adrenal Glands Summary:

Your adrenal glands are boomerang-shaped endocrine glands. They're responsible for producing both hormones and adrenaline.

Answer:

It's an organ that can hold about 2 cups of fluid for 2 to 5 hours





First Clue:

It swells into a round shape when full, and shrinks when empty

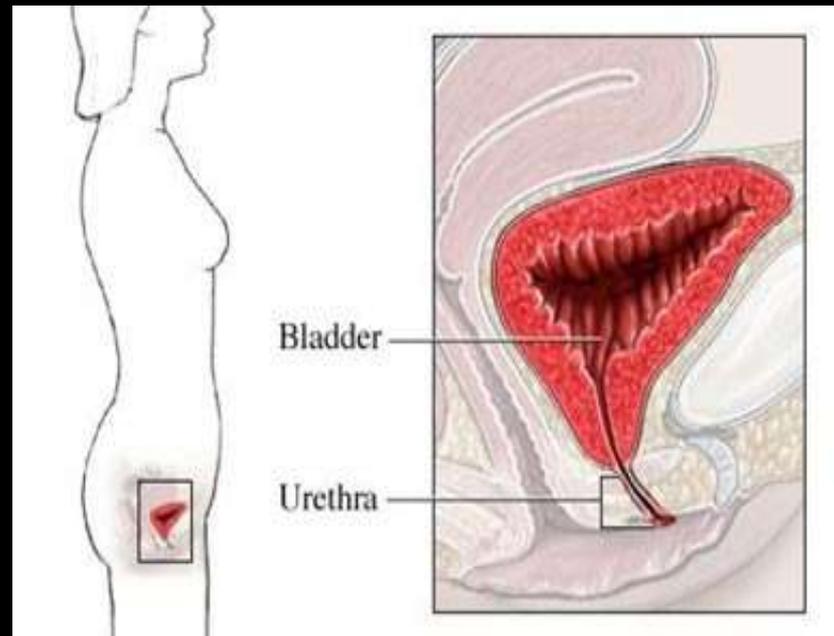
Last Clue:

It's hollow,
muscular and
balloon-shaped



What Is....

Your bladder!



Bladder Summary:

Your bladder is a hollow, muscular, balloon-shaped organ. It swells into a round shape when full, and shrinks when empty. Your bladder can hold about 2 cups of fluid for 2 to 5 hours.

Answer:

This organ has a surface area about 10 times greater than the skin's





First Clue:

In the average adult,
it's 25 to 28 feet long

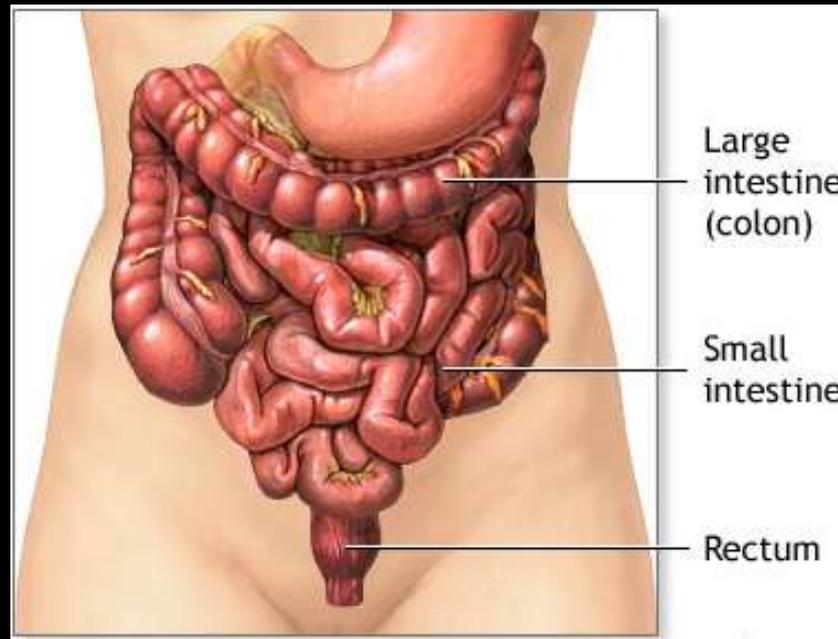
Last Clue:

It's the chief
organ of
absorption



What Is...

Your small intestine!



Small Intestine Summary:

Your small intestine has a surface area about 10 times greater than your skin's. In the average adult, the small intestine is 25 to 28 feet long. Your small intestine is the chief organ of absorption.

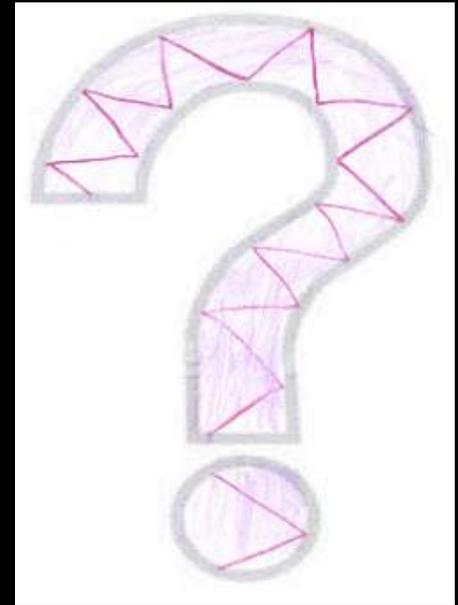
Answer:

It's a glandular organ that secretes digestive enzymes and hormones



First Clue:

It produces your
body's most important
enzymes, designed to
digest food



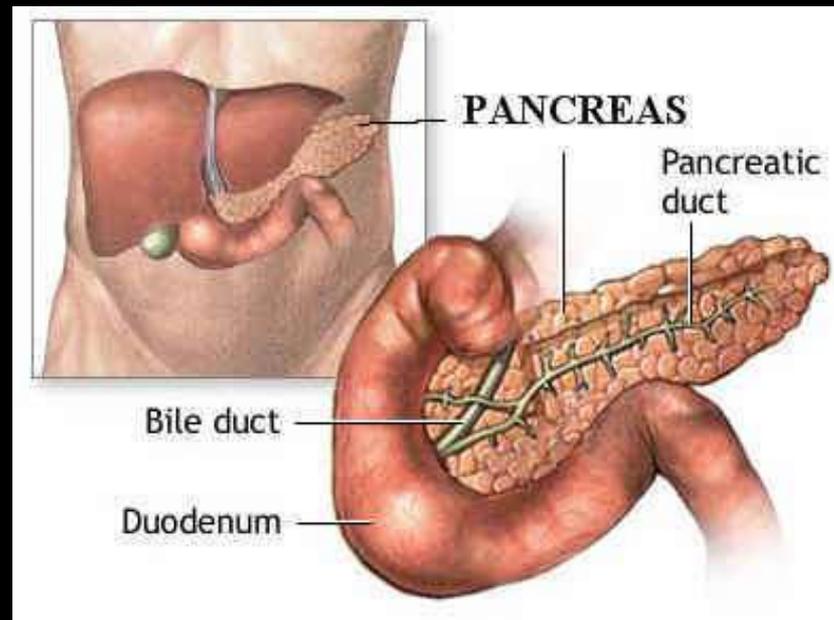
Last Clue:



Cancer of this organ
has a particularly
high mortality rate

What Is...

Your pancreas!



Pancreas Summary:

Your pancreas is a glandular organ that secretes digestive enzymes and hormones. It produces your body's most important enzymes, designed to digest foods.

Pancreatic cancer has a particularly high mortality rate.

Answer:

This organ creates lymphocytes,
needed to destroy and recycle old
red blood cells



First Clue:

It holds a reservoir
of blood



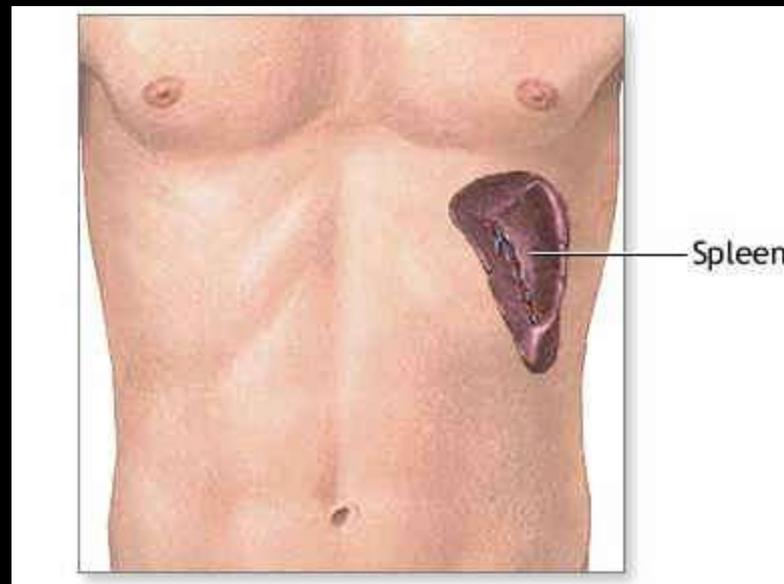


Last Clue:

Its absence
predisposes the
body to certain
infections

What Is...

Your spleen!



Spleen Summary:

Your spleen creates lymphocytes, needed to destroy and recycle old red blood cells. Your spleen holds a reservoir of blood. Absence of the spleen predisposes the body to certain infections.

Answer:

It's the gland that regulates metabolism



First Clue:



It's butterfly-shaped
and located in your
neck

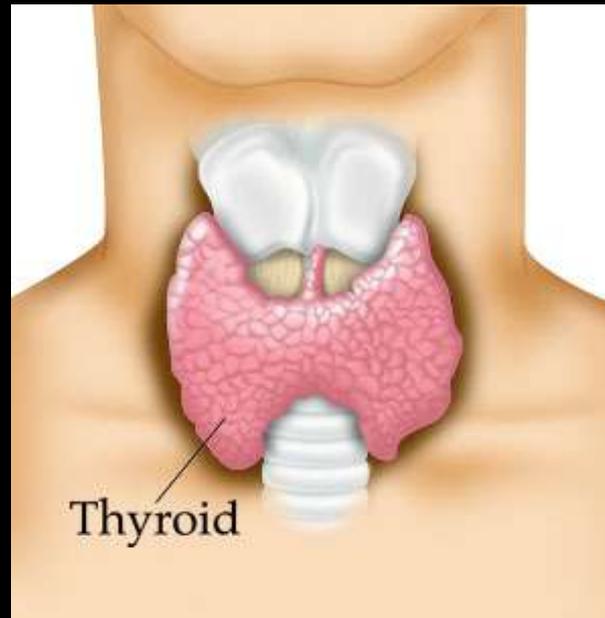
Last Clue:

It converts iodine,
found in many foods,
into hormones



What Is...

Your thyroid gland!



Thyroid Gland Summary:

Your thyroid gland regulates your metabolism. It's butterfly-shaped and found in your neck. The function of your thyroid gland is to take iodine, found in many foods, and convert it into hormones.

Answer:

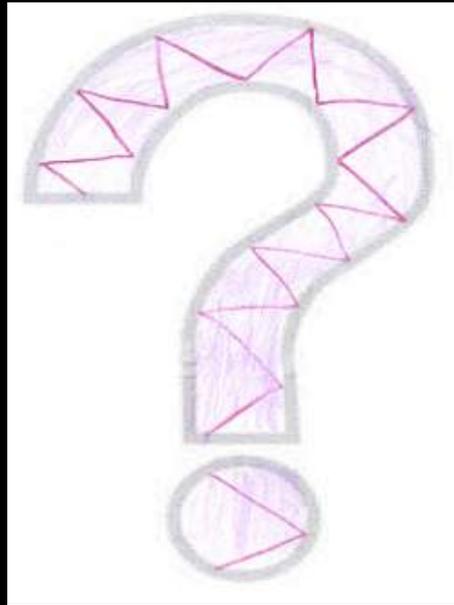
The size of a pea at birth, this gland grows to be the size of a walnut



First Clue:

To prevent against its inflammation, you should stay hydrated and you should not hold your urine



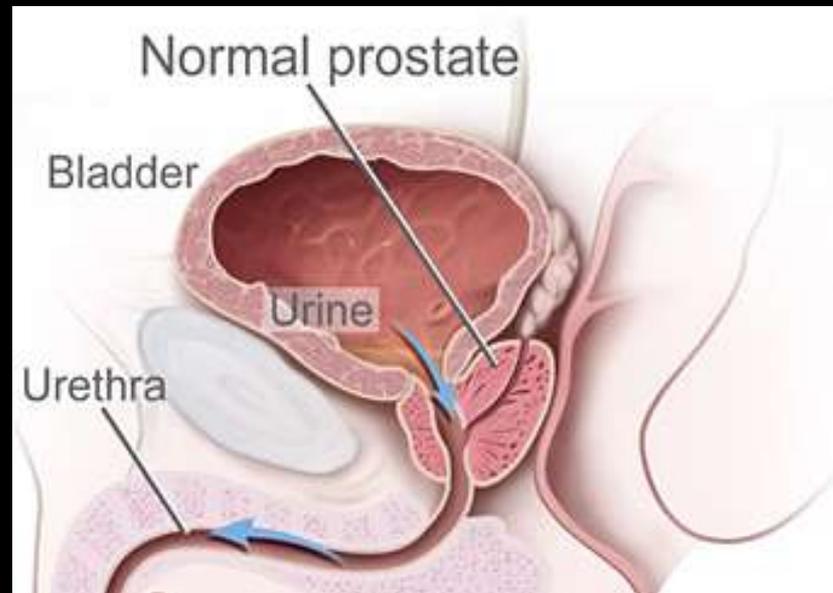


Last Clue:

In men, cancer of this organ is the second most common type, following lung cancer

What Is...

The prostate gland!



Prostate Gland Summary:

The size of a pea at birth, the prostate gland grows to the size of a walnut. To help prevent inflammation, it's important to stay hydrated and not hold your urine.

Next to lung cancer, prostate cancer is the second most common cancer in men.

Answer:

This organ uses up to 20 percent of your body's energy production



First Clue:

Trauma to this organ
is a leading cause of
death in the young
and middle-aged



Last Clue:



It's the control center for movement, sleep, hunger, thirst, and virtually every other activity needed to survive

What Is...

Your brain!



Brain Summary:

Your brain uses up to 20 percent of your body's energy production. Brain-damaging head trauma is a leading cause of death in the young and middle-aged. Your brain is the control center for movement, sleep, hunger, thirst, and virtually every other activity needed to survive.

Answer:

The contents of this organ are contained by two smooth muscle valves



First Clue:

Its health is supported by a low-fat diet that's high in fresh fruits, vegetables and whole grains



Last Clue:



It helps protect us
from infectious
organisms that we
may have ingested

What Is...

Your stomach!



Stomach Summary:

Your stomach's contents are contained by two smooth muscle valves. Eating a diet low in fat and high in fresh fruits, vegetables and whole grains supports good stomach health. Your stomach helps protect you from infectious organisms you may have ingested.

Answer:

This body part guides and shapes your food to make it digestible



First Clue:

It consists of
sixteen muscles,
not just one



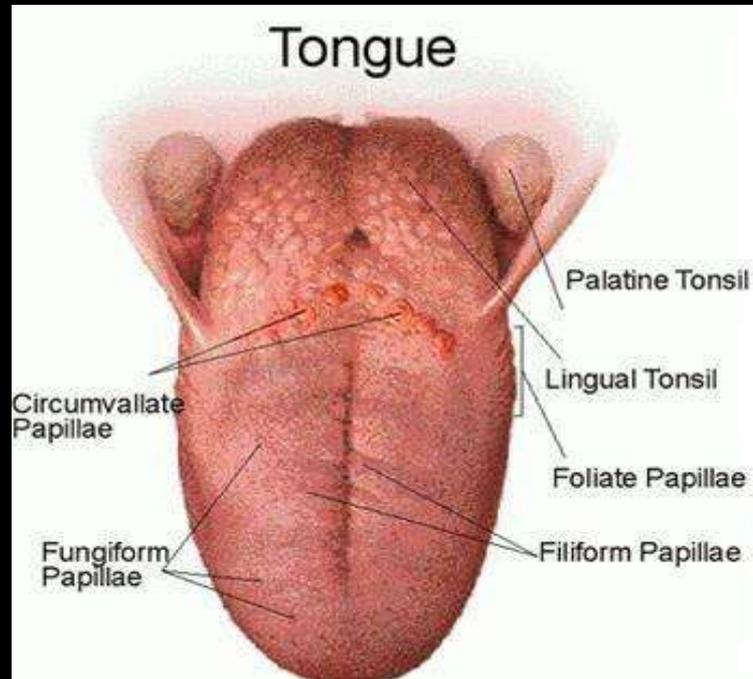
Last Clue:



Like fingerprints, its
print is different in
everybody

What Is...

Your tongue!



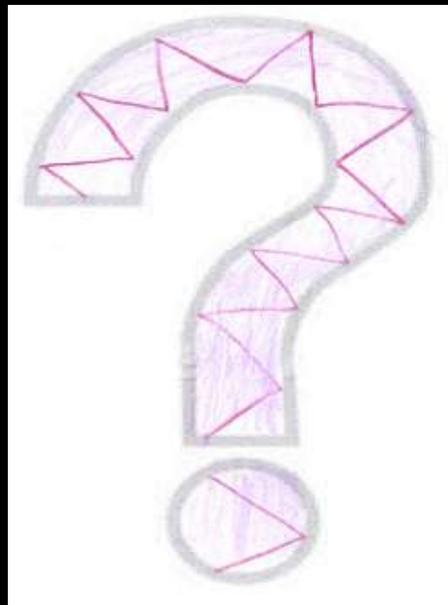
Summary:

Your tongue guides and shapes your food to make it digestible.

It consists of sixteen muscles, not just one. Like fingerprints, the tongue print is unique in everybody.

Answer:

This organ is pear-shaped and is about 3 inches in length



First Clue:

It provides structural integrity and support to your bladder, bowel, pelvic bones and organs



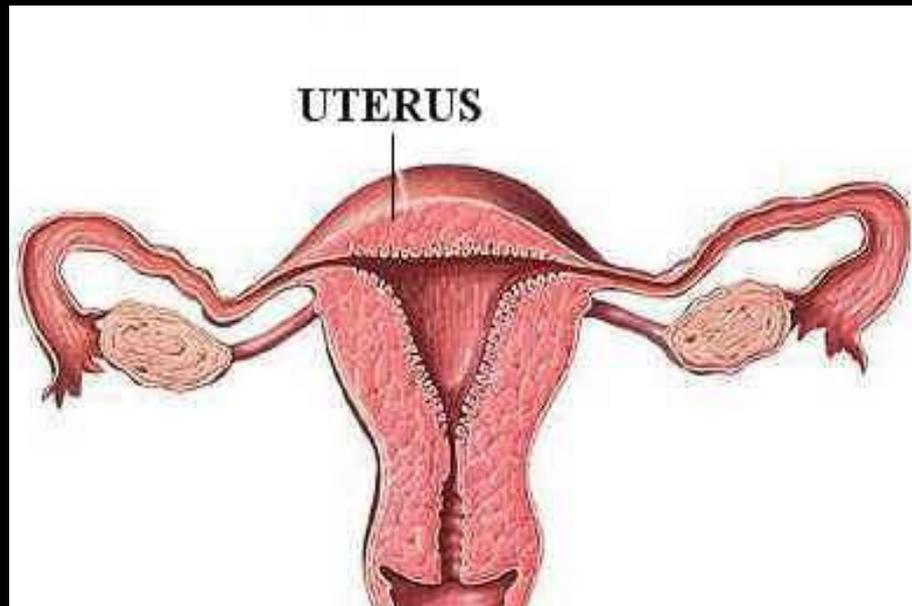
Last Clue:



It's hollow, muscular
and vital for
reproduction

What Is...

The uterus!



Uterus Summary:

The uterus is a pear-shaped organ, about 3 inches in length. It provides structural integrity and support to the bladder, bowel, pelvic bones and organs. The uterus is vital for reproduction.

Answer:

They act as filters or traps for foreign particles, and are found throughout your body





First Clue:

In their normal state,
they range in size
from a few
millimeters to 1-2 cm

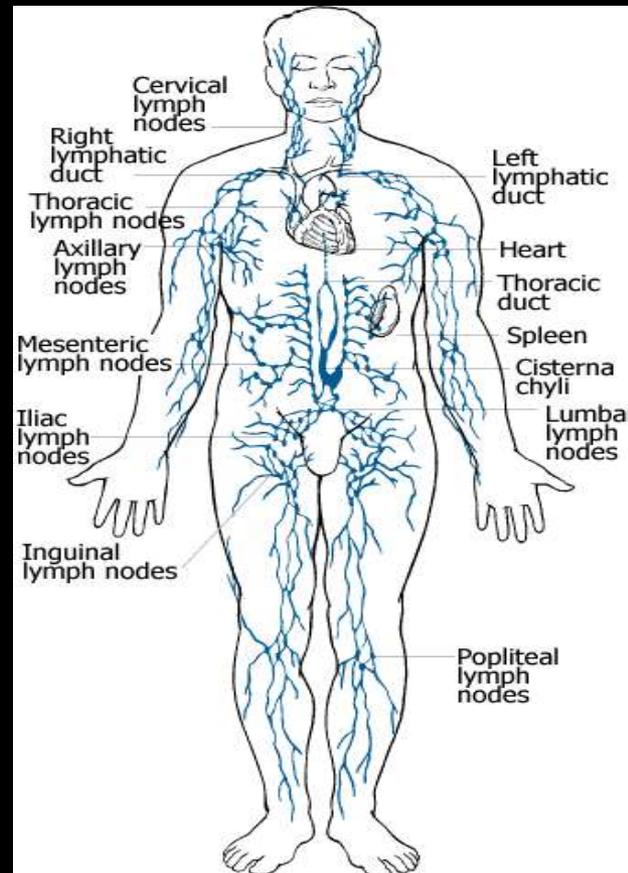
Last Clue:

Bean-shaped, they
may become
enlarged due to a
tumor or infection



What Are...

Your lymph nodes!



Lymph Nodes Summary:

Your lymph nodes are found throughout your body. They act as filters or traps for foreign particles. In their normal state, lymph nodes range in size from a few millimeters to 1-2 cm.

Bean-shaped, they may become enlarged due to a tumor or infection.