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## The human body an orientation packet answers

The human body is truly amazing. Check out these amazing facts: 1. About 80-90% of what we perceive as taste is actually due to our sense of smell. 2. Your heart beats about 35 million times in a year. Over an average lifespan, the human heart will beat more than 2.5 billion times. 3. Your body has about 5.6 liters (6 liters) of blood. This 5.6 liter of blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km (12,000 miles) - that's four times the distance across the United States from coast to coast. 4. The heart pumps about 1 million barrels of blood over an average lifetime - that's enough to fill more than 3 super tankers. 5. If all arteries, veins and capillaries of the human orbit were laid end to end, the total length would be 60,000 miles, or 100,000 km. It's almost two and a half times around the world! 6. Although its thickness averages only 2mm, your skin gets an eighth of all your blood supply. 7. The skull looks like it's a single bone. In fact, it consists of 22 separate bones, cemented together along rigid joints called sutures. 8. If a human adult digestive tract was stretched out, it would be 6 to 9 m (20 to 30 ft) long. 9. Red blood cells can live for about four months circulating throughout the body, feeding 60 trillion other body cells. Red blood cells make about 250,000 rounds of the body before returning to the bone marrow where they were born, to die. 10. Human hair grows about 1/4 inch (about 6 millimeters) each month and keeps on growing for up to 6 years. The hair then falls out and another grows instead. 11. The average healthy mouth produces about 600 milliliters of saliva every day. That's enough to fill a 12-ounce soda bottle. 12. The fastest nerve cells carry messages along their axons at an amazing 130 yards per second (268 mph). There are several ways to consider the composition of the human body, including the elements, type of molecule, or type of cells. Most of the human body consists of water, H<sub>2</sub>O, with bone cells consisting of 31% water and lungs 83%. Therefore, it is not surprising that most of a human body's mass is oxygen. Carbon, the basic unit of organic molecules, comes in second place: 96.2% of the mass of the human body consists of only four elements: oxygen, carbon, hydrogen and nitrogen. Oxygen (O) - 65% - Oxygen along with hydrogen form water, which is the primary solvent found in the body and used to regulate temperature and osmotic pressure. Oxygen is found in many important organic compounds. Carbon (C) - 18.5% - Carbon has four binding sites for other atoms, making it the most important atom for organic chemistry. Carbon chains are used to build carbohydrates, fats, nucleic acids, and proteins. Breaking bonds with carbon is an energy source. Hydrogen (H) - 9.5% - Hydrogen is found in water and in all organic molecules. Nitrogen (N) - 3.2% - Nitrogen found in the nucleic acids that make up the genetic code. Calcium (Ca) - 1.5% - Calcium is the most abundant mineral in the body. It is used as a structural material in bones, but it is important for protein regulation and muscle contraction. Phosphorus (P) - 1.0% - Phosphorus is found in the molecule ATP, which is the primary energy carrier in cells. It's also found in the bone. Potassium (K) - 0.4% - Potassium is an important electrolyte. It is used to transmit nerve impulses and heart rate regulation. Sodium (Na) - 0.2% - Sodium is an important electrolyte. Like potassium, it is used for nerve signaling. Sodium is one of the electrolytes that helps regulate the amount of water in the body. Chlorine (Cl) - 0.2% - Chlorine is an important negatively charged ion (anion) used to maintain fluid balance. Magnesium (Mg) - 0.1% - Magnesium is involved in over 300 metabolic reactions. It is used to build the structure of muscles and bones and is an important cofactor in enzymatic reactions. Sulfur (S) - 0.04% - Two amino acids include sulfur. The bonds sulfur forms help give proteins the shape they need to perform their functions. Many other items can be found in extremely small quantities (less than 0.01%). For example, the human body often contains trace amounts of thorium, uranium, samarium, tungsten, beryllium and radium. Trace elements considered essential in humans include zinc, selenium, nickel, chromium, manganese, cobalt and lead. Not all the elements found in the body are essential to life. Some are considered contaminants that seem to do no harm but serve no known function. Examples include cesium and titanium. Others are actively toxic, including mercury, cadmium and radioactive elements. Arsenic is considered toxic to humans, but serves a function in other mammals (goats, rats, hamsters) in trace amounts. Aluminum is interesting because it is the third most common element in the Earth's crust, but its role in the human body is unknown. While fluoride is used by plants to produce protective toxins and has apparently beneficial intake in humans. You can also see the elementary composition of an average human body by mass. Chang, Raymond (2007). Chemistry, 9. McGraw-Hill. ISBN 0-07-110595-6. Emsley, John (2011). Nature's building blocks: an A-Z guide to the elements. OUP Oxford. p. 83. ISBN 978-0-19-960563-7. Frausto Da Silva, J. J. R.; Williams, R. J. P (2001-08-16). The biological chemistry of the elements: The inorganic chemistry of life. ISBN 978019850489.H. A., V. W. Rodwell; P. A. Mayes, Review of Physiological Chemistry, 16. Chemistry, 5. Houghton Mifflin Company, p. 894. ISBN 0-395-98581-1. Olivia Bell Photography/Moment/Getty Images People have many body parts, including 206 bones and more than 600 muscles. Researchers discovered a new body part, a ligament in the knee now called anterolateral ligaments in at the University of Leuven in Belgium. The anterolateral ligament was thought to play a crucial role in anterior cruciate ligament tears. New research is being done on ligaments. The skeletal system in the body consists of 206 bones that are placed in the axial skeletal system and the appendicular skeletal system. The axial skeletal system runs along the midline axis of the body and it consists of 80 bones that include the skull, hyoid, auditory ossicles, ribs, sternum and spine. The appendicular skeleton consists of 126 bones that include the upper limbs, lower extremities, pelvic belt and pectoral (shoulder) belt. There are three types of muscle tissue (more than 600 muscles) in the body, including skeletal muscle, heart muscle and smooth muscles. Skeletal muscle is the kind of muscle that helps create movement in the body. Skeletal muscles make up 40 percent of a person's body weight. The heart muscle is involuntary muscle in the body and makes up the muscles found in the heart cavity. Smooth muscle is also an involuntary muscle, but it forms the walls of organs, blood vessels and respiratory passages. Being body positive is not necessarily an easy thing to achieve – not when you are constantly reminded of all your mistakes, and then learned exactly why you should hate them. But if you've made an effort to practice self-love more, chances are you've shown body positivity in small ways without even knowing it all your day. It's not just about taking strong and vocal stands against fat shaming or body demeaning. It's also about practicing self-love and self-acceptance in subtle, almost reflexive fashion. If you are really starting to embody the mantras of the movement, you will probably start expressing them naturally. Whether that means loving the reflection you see in the shop window as you make your commute down to work, eating a salad because you're in the mood for greens rather than in the mood for thigh holes, or don't feel the need to cross your legs when you're wearing short shorts, these are all amazing steps towards body positivity. And the cool thing is that they are small movements, and completely doable in everyday life. They may not feel like a big deal and will probably go unnoticed by those around you, but that just means you are starting to accept yourself and live your truth. And isn't that great news? To help pinpoint whether you are doing this, below are 45 small ways to tell you body positive.1. You don't pay attention to ScalesAs as long as you look right and feel good, that's all that matters.2. You have no animosity towards the different than youYou have zero hatred towards that cheerfull, petite barre instructor of yours. Other than when she makes you plank for a full minute.3. Not fitting into a pair of pants means nothing to youOther than that you have to ask the locker room girl to get you a bigger size. (Thank you so much!) 4. You Don't Pad Your sometimes a gal wants a little bit of cleavage, but being OK with and enjoying your little mandarins is a good sign.5. You don't use the word Skinny As a complimentEnthusiastically, says Wow, you look so tall today, with a thumbs up would probably be met with strange, confused looks. Similarly, there is no need to go out of your way to compliment people based on their weight and nothing else.6. You don't buy into Too Revealing HypeSheer shorts, short skirts, hot pants, and Bad-Sally from Grease-riding leggings: It's all fair game, all the time. You don't mind flaunting what you have.7. You see a lingerie ad and feel nothingYou don't want to break out in a series of burpees, you don't cross your legs uncomfortably, you don't do anything. You know the difference between unrealistic advertising and most women's bodies in the real world. For real.8. You can't help but smile when you catch a glimpse of yourself in the MirrorBonus points if you lick your finger and go tssss.9. You don't register when someone hates on your bodyIf they have a problem with your thighs, then it's on them, not you.10. You don't need Sweat To first date Disrobeament MomentInstead you can't wait to show off the beautiful undies you had on reserve just for this.11. You don't mind seeing your body Jiggle When you work OutBecause, beast mode.12. You don't mind getting off the treadmill looking like you accidentally spilled your bottle of water on yourselfYou didn't come here to play.13. You can't help but smack your butt when you catch a glimpse of yourself in your UndiesBecause curves, baby. They look good.14. You don't feel like you need to cross your legs when you sit in the ShortsLet them pancake all they want.15. Or pull your shirt down when your little Tummy Roll Pops Outt doesn't offend anyone.16. You never ever deny yourself CupcakeYou are not bad. You just want that fucking cupcake. It looks so beautiful.17. You eat salads because you want, not because you have toYou have a healthy relationship with food, where you make a lunch full of greens, because it sounds good, and not because it will guarantee you a certain pants size.18. You don't use Weird Phrases like Cheat Day And Naughty DayHow eating a cake pop - a thing the size of a quarter - is enough to make anyone think they've been unhealthy and terrible is just madness. Pure madness.19. You Wear Trends Even if Magazines say you can't cantalite girls can't pull off platforms? Short girls can not do maxis? Plus size ladies can't tinker with crop tops? Watch me go.20. You don't freak out if you forget to shave So you have a little armpit hair and you're about to throw it down on the dance floor. What's up? Wave your hands in the air like you don't care.21. Swimsuit Shopping Doesn't Send You Into a TailspinDid You Don't Understand Why Three-Way Mirrors Stress Women Out, Either? I feel it would be a great opportunity to acquaintance with yourself in the locker room.22. You don't have to shop To dress better for your body TipsBecause you think you look just fine in what you want. There is nothing you need to drape, cut, or smooth, thank you very much.23. You X Out of ways to dress thinner articlesBecause, ew. Also because what?24. You think that all bodies are good bodiesChubby, thin, bony, curvy, short, tall, jiggly, toned - it all looks ah-mazing to you.25. You don't see the word Fat as a bad WordIt's like saying short or high.26. You don't think certain activities are off limits for YouYes, Tumblr makes it seem like yoga is only being done by thin, blonde hair girls in front of sunset beaches, but you've got a few Lululemons yourself and you go, dammit.27. You're the first to take off their shirt on the beachLast one in is a rotten egg!28. You don't need Vanity SizingYou have pairs of pants that go up and down four sizes and you're totally OK with it. As long as it's comfortable and feels good, that's all that matters.29. Working out is about strength, not about Pant Sizesit feels good to bench 100 pounds because you are now a Viking warrior, not because you now fit into a smaller waist size.30. You don't let your friends call themselves fat in a negative wayThere are no half-hearted chuckles coming from your end.31. Your New Year's resolution had nothing to do with losing WeightTravel anymore, yes. Get your own Netflix account to be considered an adult, yes. Get more spontaneous, yes. Lose 10 pounds? Not on your radar.32. You don't feel the need to change your hairWhere it's curly, frizzy, flat, long, short, what do you have, you're cool with it. It's beautiful, so everyone else has to act.33.A little nipple action doesn't bother YouYes, it's cold out, and no you don't mind your nips telling the world hello.34. You Seek Out Body Posi Role ModelsDin Instagram feed isn't just a series of thigh holes — you're wearing women there who promote and encourage a self-loving lifestyle.35 You're O.K. With A Little NudityYou watch TV in your underwear, eat Ramen in your bra, sleep in the buff - and feel 100 percent OK with the way your body folds, rumbles, and curves. It's all comfy.36. You don't delete a selfie because you Look Fat because one of your eyes is closed and you look stoned out of your mind, sure. Because you have a little double chin? Never.37. The word flattering confuses YouWhat does that even mean? If I feel warm in it, it's automatically flattering, right?38. You don't blame your body for your problemsSo you have a little curve in your thighs or you don't have any curves at all. You don't think this is the reason you don't have a significant other or aren't happy in your current situation or (enter whatever concerns you have right now). Weight loss doesn't solve problems. Rolling up the sleeves do.39. You don't judge others on their appearanceit doesn't matter if the person you're talking to is round, thin, hairy legs, wearing hot pants, sporting a strap, no matter what. It's all cool.40. You don't see candy as rewards you have to torment forIn the words of Emma Stone, Eat the damn cupcake. 41. You lose interest in SOs that make you feel bad about your body Instead of changing your dress size, you'll just change your bunkmate. It was fun, bye!42. You have no plans to buy Wrinkle CreamBecause you are no longer 16, so your face will do so. Further.43. You put on Makeup because you love it, not because you need it!Makeup is there because you love to play with it, not because you need to hide mistakes. A smoky eye during AM has nothing to do with your confidence and everything to do with your creativity.44. Doing it with the lights on is definitely an optionYou understand the need to see all hazy up close and personal.45. No matter what you look like, you love yourselfFirst thing in the morning during a hangover, just after eating an entire takeout burrito, after spending a day doing hot yoga, coming back sunburnt and freckled from the beach – no matter what condition you're in, you love it all. Because it's you, and you're amazing. \* Finger snaps. \* Whether you love the idea of bikini shopping, don't deny yourself that second piece of cake, or don't feel the need to cross your legs while sitting in shorts – little moments like proving that you're body positive. So go you! Want more body positivity? Check out the video below and be sure to subscribe to Bustle's YouTube page for more inspo! Photos: mariesouthardospina/Instagram; Andrew Zaehf/Bustle (1) (1)