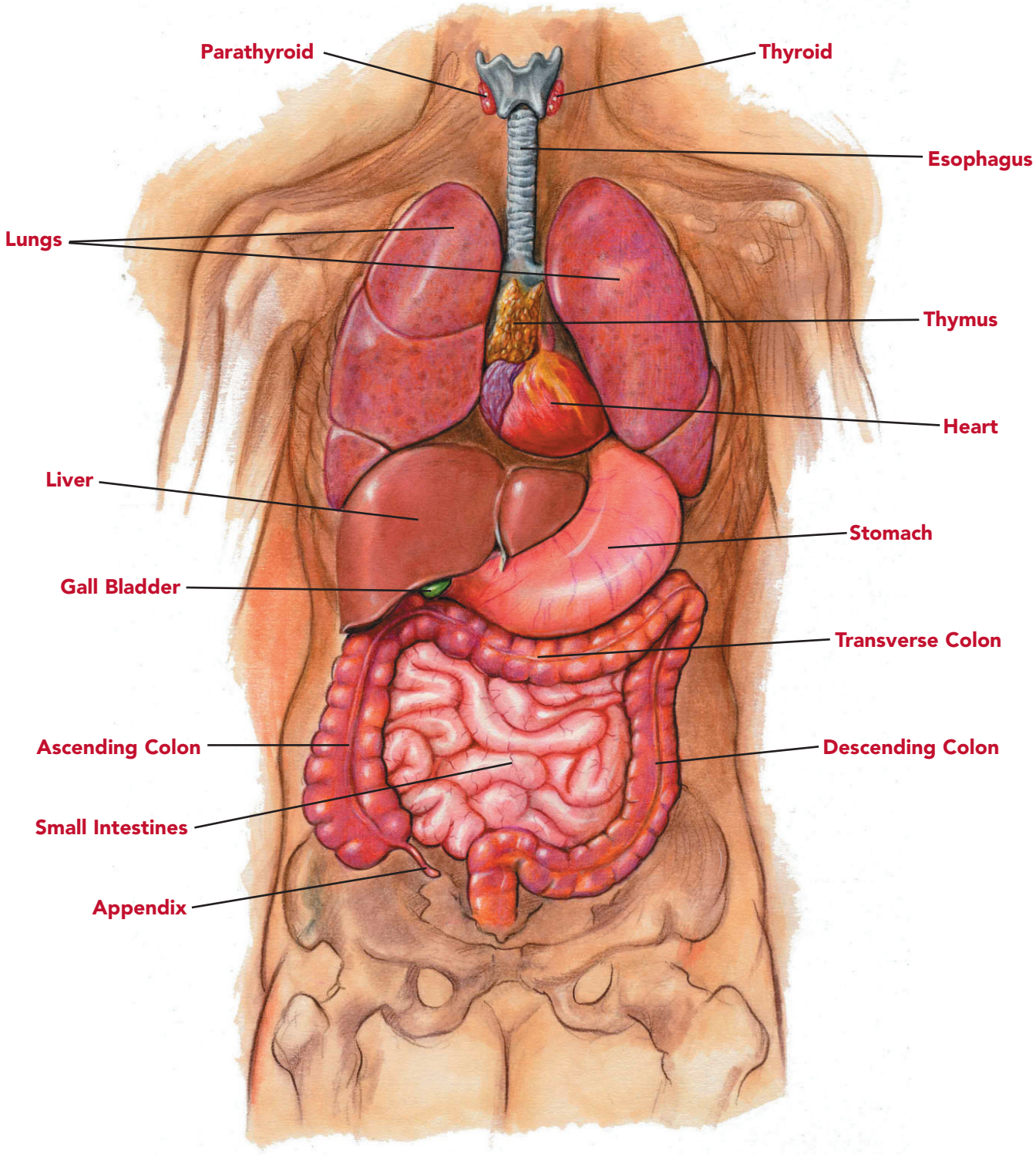
Anatomy Basics for Energy Practitioners

Illustrations by Tom Bowman



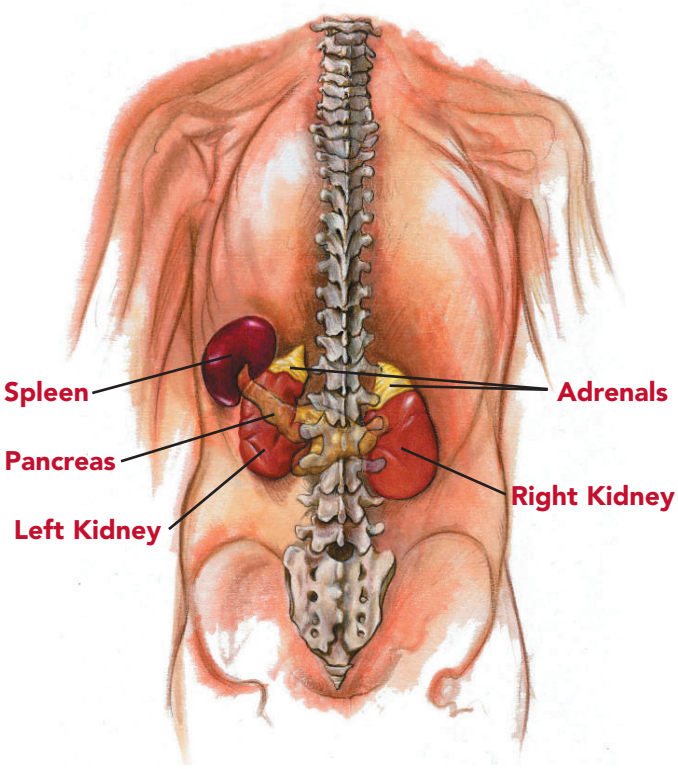
Front View

While an extensive understanding of anatomy is not necessary for Bio-Touch practitioners, there are times when a basic knowledge of the major organs of the body is helpful, and even necessary. These include when the client has a condition or illness involving a specific organ(s) that needs treatment or when working in a clinic or hospital where communication with medical personnel about a client's condition is necessary. WHEN IN DOUBT ABOUT LOCATION OF A PARTICULAR CONDITION OR DIAGNOSIS, ASK THE RECIPIENT.

Adrenals: Part of the endocrine system, the adrenals secrete hormones that regulate various functions in the body, one of which is the flight or fight response.

Appendix: The appendix is located at the beginning of the colon on the lower right side of the abdominal cavity. It is medically said to have no function.

Colon: Consisting of the ascending, transverse and descending sections, this tube-like organ is also called the large intestine and joins the small intestine on the lower right side of the abdominal cavity. The final processes of digestion take place in the colon with the absorption of water from fecal matter.



Back View

Esophagus: The esopagus is the portion of the digestive tube that moves food from the mouth to the stomach.

Gallbladder: Connected to the liver, the gallbladder stores and secretes bile, which aids digestion of fats.

Heart: This is the muscular organ that pumps blood to all parts of the body. The rhythmic beating of the heart is a ceaseless activity, lasting from before birth to the end of life.

Kidneys: The purpose of the kidneys is to separate urea, mineral salts, toxins and other waste products from the blood, and to conserve water, salts and electrolytes.

Liver: The liver is the largest glandular organ of the body and has many functions including filtering debris and bacteria from the blood, converting excess carbohydrates and protein into fats and producing blood-clotting factors and vitamins A, D, K and B12. It also produces bile, which is used to prepare fats for digestion.

Lungs: The lungs are elastic organs used for breathing; they oxygenate the blood.

Pancreas: The pancreas is a glandular organ that secretes digestive enzymes and hormones. It also produces insulin, which lowers the blood-sugar level and increases the amount of glycogen (stored carbohydrate) in the liver.

Parathyroid: These four small glands are often embedded in the thyroid gland and govern calcium and phosphorus metabolism.

Small Intestine: Located between the stomach and colon, the small intestine digests and absorbs nutrients from food. This process is aided by secretions from the liver and pancreas.

Spleen: The spleen acts as a filter against foreign organisms that infect the bloodstream, and also filters out old red blood cells from the bloodstream and decomposes them.

Stomach: The stomach is the part of the digestive tract between the esophagus and the small intestine.

Thymus: The thymus gland helps in the development and functioning of the immune system.

Thyroid: Part of the endocrine system, the thyroid gland secretes hormones necessary for growth and metabolism.