

Contents

Disclaimer	...(v)
Foreword: Meet Your Body	...(ix)
Acknowledgements	...(xi)
Preface: All Invitation to Meet Yourself	...(xiii)

PART I: THE COMMAND CENTER

Chapter 1: "I Am Your Brain" - The master controller speaks	6
Chapter 2: "We Are Your Spinal Cord and Nerves" – The information highway	10
Chapter 3: "I Am Your Eye" - Windows to the world	14
Chapter 4: "We Are Your Ears" - Sound and balance keeper	18

PART II: THE LIEF SUSTAINERS

Chapter 5: "I Am Your Heart" - The tireless drummer	28
Chapter 6: "We Are Your Lungs" - Breath givers and takers	32
Chapter 7: "I Am Your Liver" - The multitasking marvel	36
Chapter 8: "We Are Your Kidneys" - The ultimate filters	40

PART III: THE PROTECTORS AND DEFENDERS

Chapter 9: "I Am Your Skin" - Your first line of defense	50
Chapter 10: "We Are Your Immune System" - The invisible army	54
Chapter 11: "I Am Your Bone Marrow" - The blood factory	58
Chapter 12: "We Are Your Bones" - The living framework	62

PART IV: THE MOVERS AND SHAKERS

- Chapter 13: "We Are Your Muscles" - The power generators 72
Chapter 14: "We Are Your Joints" - The flexibility makers 76
Chapter 15: "I Am Your Spine" - The central support 80

PART V: THE FUEL PROCESSORS

- Chapter 16: "I Am Your Stomach" - The acid bath chamber 90
Chapter 17: "We Are Your Intestines" - The absorption specialists 94
Chapter 18: "I Am Your Pancreas" - The sugar regulator 98
Chapter 19: "I Am Your Gallbladder" - The bile concentrator 102

PART VI: THE REPRODUCERS AND REGULATORS

- Chapter 20: "We Are Your Reproductive Organs" - Life creators 112
Chapter 21: "We Are Your Endocrine Glands" - The chemical messengers 116
Chapter 22: "I Am Your Thyroid" - The metabolic maestro 120

PART VII: THE INTEGRATION

- Chapter 23: "We Work Together" - A conversation between all organs 130
Chapter 24: "Taking Care of Us" - What your body needs from you 135

Epilogue: Your Body's Letter to You 141

About the Author 145