

<u>SKIN</u> Group	1.	HEAD HAIRS	1 footnote
	2.	BODY HAIRS	2 footnote
	3.	NAILS	
	4.	TEETH	
	5.	SKIN	
<u>KIDNEY</u> Group	6.	MUSCLES	3 footnote
	7.	LIGAMENTS	4 footnote
	8.	BONES	5 footnote
	9.	BONE MARROW	
	10.	KIDNEYS	
<u>LUNG</u> Group	11.	HEART	
	12.	LIVER	
	13.	FASCIA	6 footnote
	14.	SPLEEN	
	15.	LUNGS	
<u>BRAIN</u> Group	16.	DIGESTIVE TRACT	7 footnote
	17.	MESENTERY & MESOCOLONS	8 footnote
	18.	UNDIGESTED FOOD	9 footnote
	19.	DIGESTED FOOD	10 footnote
	20.	BRAIN	
<u>FAT</u> Group	21.	BILE / OIL	11 footnote
	22.	PHLEGM.....	12 footnote
	23.	PUS	13 footnote
	24.	BLOOD	
	25.	SWEAT	
	26.	FAT	
<u>URINE</u> Group	27.	TEARS	
	28.	GREASE	14 footnote
	29.	SALIVA	
	30.	NASAL MUCUS	
	31.	OIL OF THE JOINTS	
	32.	URINE	

FOOTNOTES: 32 PARTS OF THE BODY

1. HEAD HAIRS in this exercise are only the scalp hair.
2. BODY HAIRS includes eyebrows, eyelashes, nose hair, ear hair, moustaches, and beards.
3. The human body has approximately 640 MUSCLE GROUPS.
4. LIGAMENTS are fibrous connective tissue which attach bone to bone, holds them together, and keeps them stable.
5. There are 206 BONES in adult bodies over the age of 21.
6. FASCIA is a sheathing of connective tissue that holds every organ, blood vessel, bone, nerve fiber and muscle in place.
7. The DIGESTIVE SYSTEM is the entire tract from mouth to anus & includes oesophagus, stomach, small intestine, large intestine.
8. MESENTERY & MESOCOLONS are membranes that anchor and support the small and large intestines.
9. UNDIGESTED FOOD is in the stomach and small intestine going through the digestive process of nutriment extraction.
10. DIGESTED FOOD has had the nutriments extracted and is in the large intestine.
11. BILE is historically described as "Oil" which has two kinds:
 - a. "local bile" is produced in the liver, stored in the gall bladder, and makes oils and fats in food bioavailable.
 - b. "free bile" /oil soaks the entire body, exudes to the outside of the skin, and spreads like a lubricant over the body with the exception of teeth, nails, and hard dry skin.
12. PHLEGM is an aqueous mucus secretion produced by the respiratory system.
13. PUS includes the pus substance itself and any damaged areas of the body that produced the pus.
14. GREASE is the oil that secretes on the surface of palms, soles of feet, nose, forehead, and shoulders.