I HEART GUTS

WHAT DO MY GUTS DO ALL DAY?

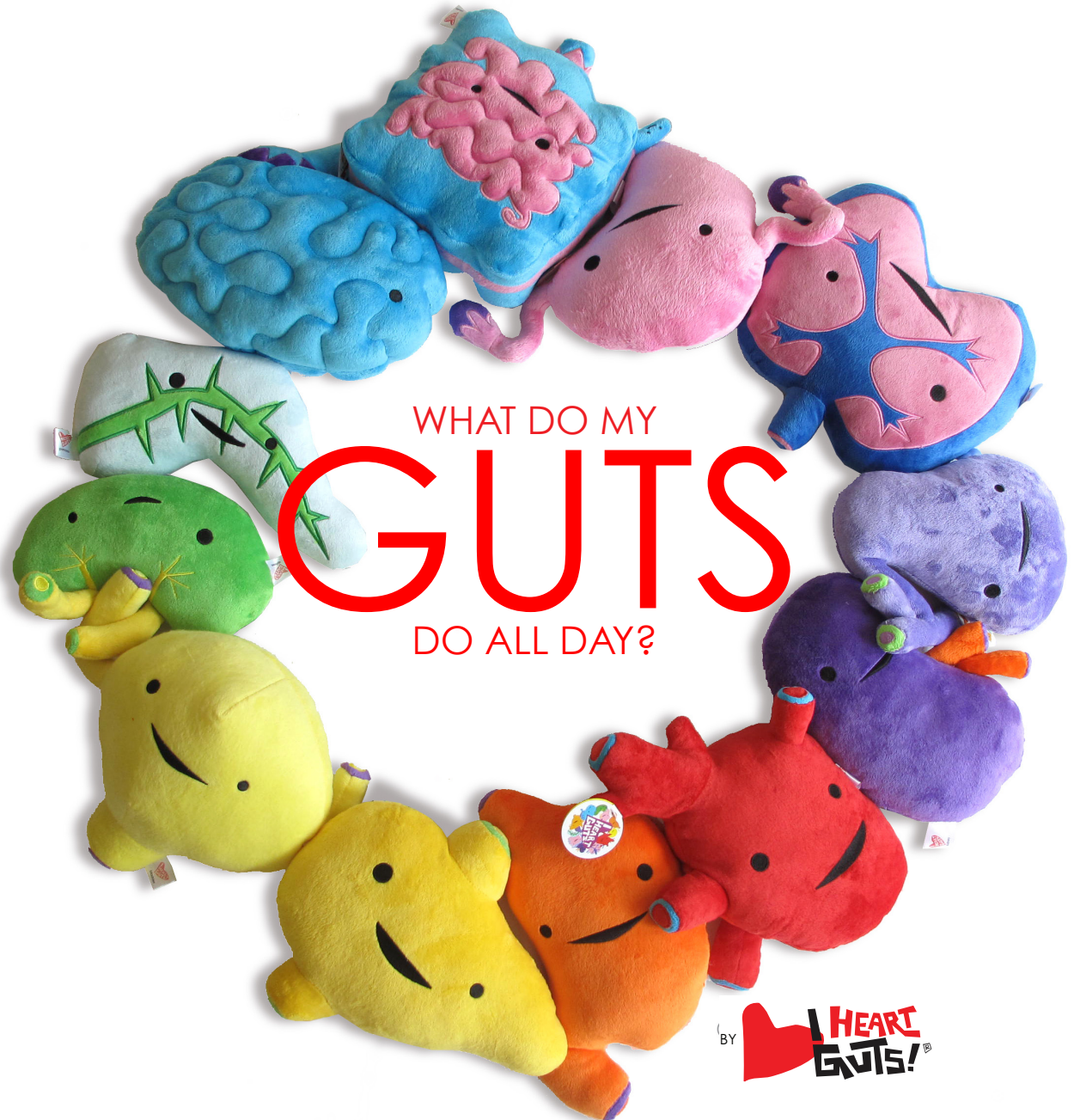BY I HEART GUTS!

WHAT DO MY GUTS DO ALL DAY?

The hypothalamus is hidden on every page. Can you find it?

BY I HEART GUTS!

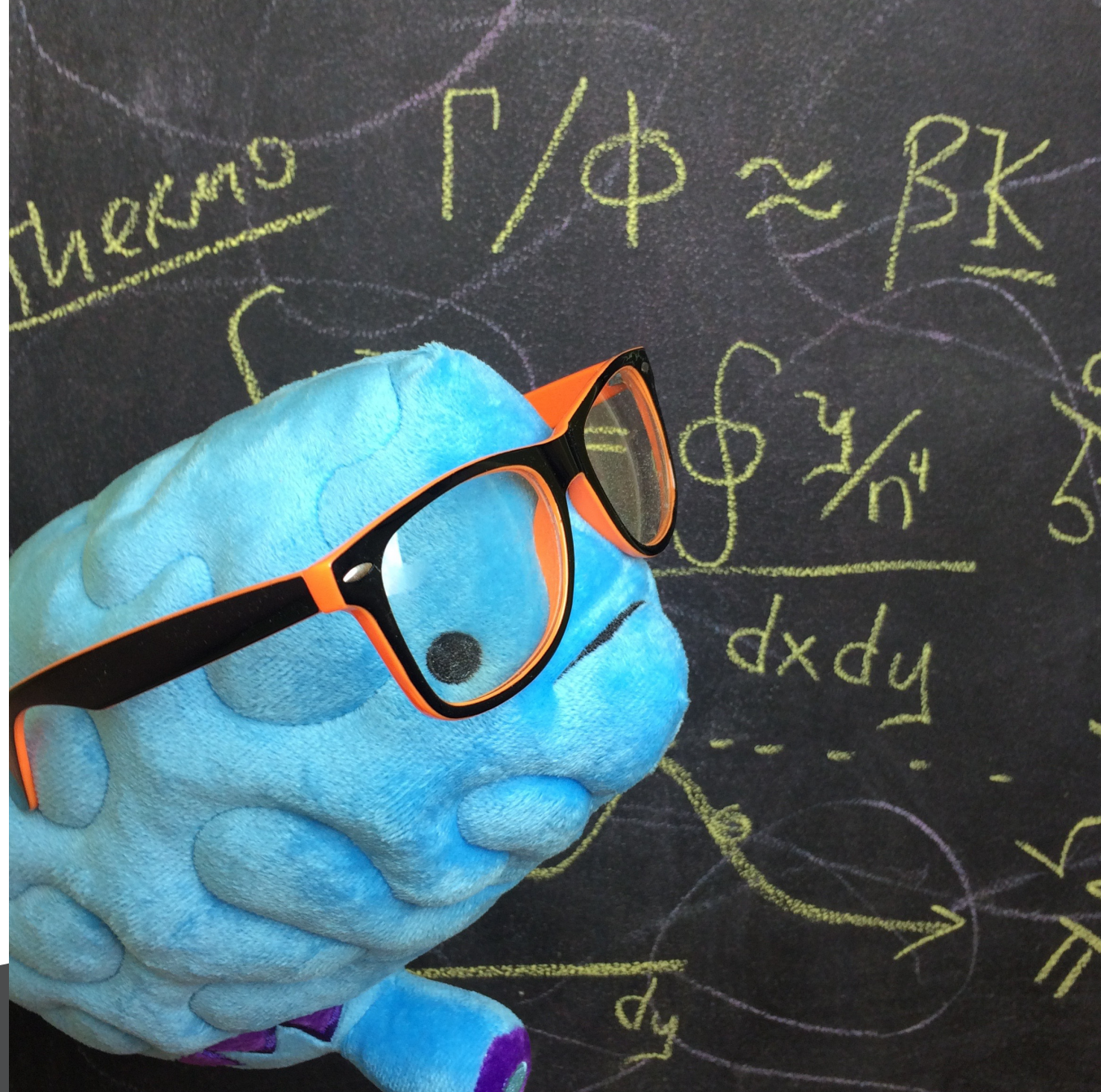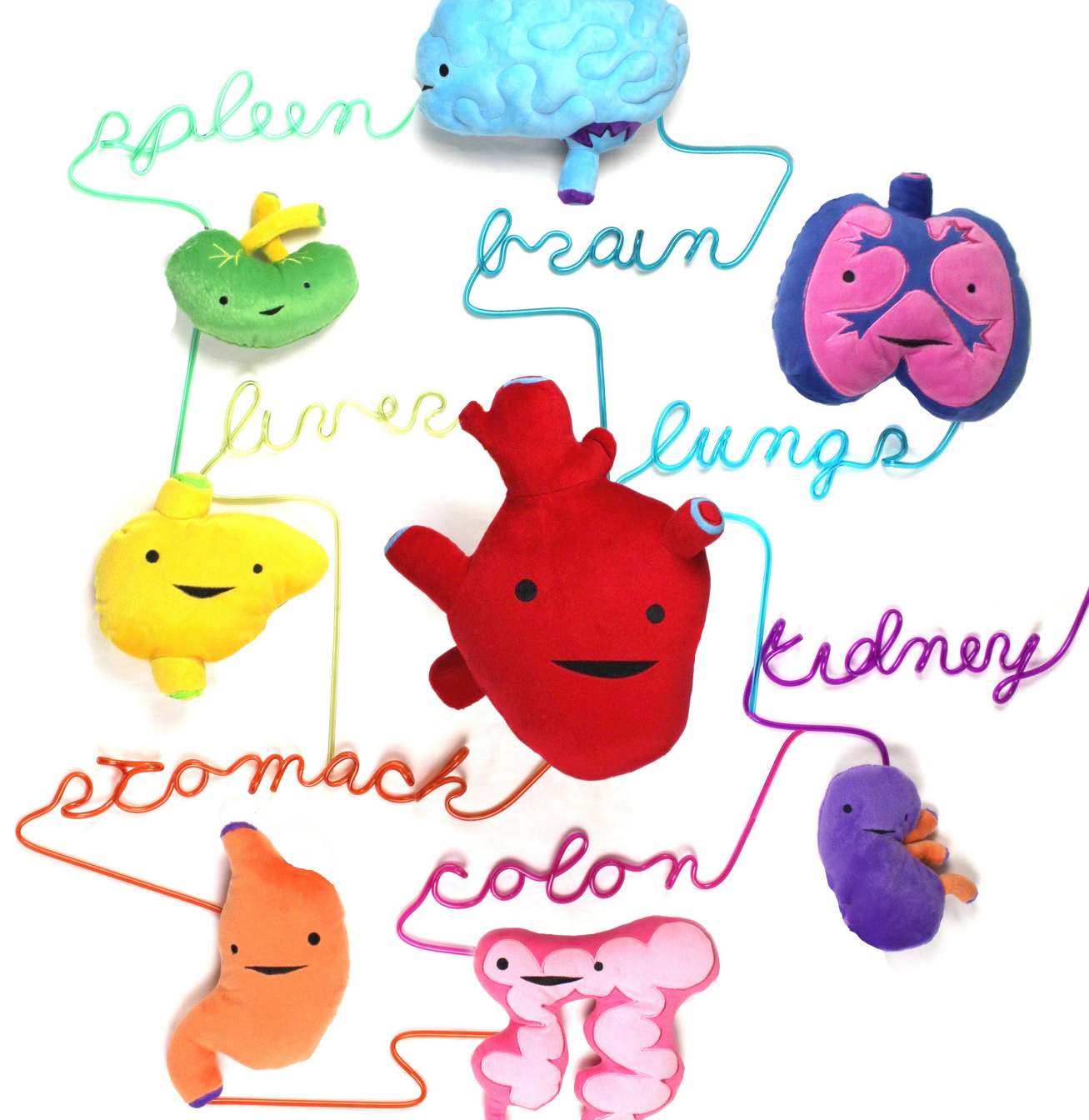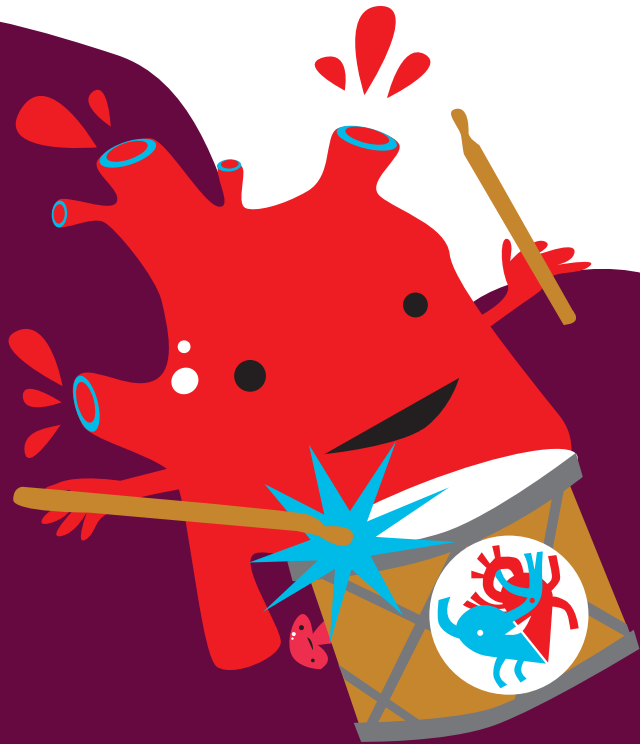Your body
is filled with organ
friends that help you
think, breathe, move
and eat. Do you want
to meet them? Of
course you do!
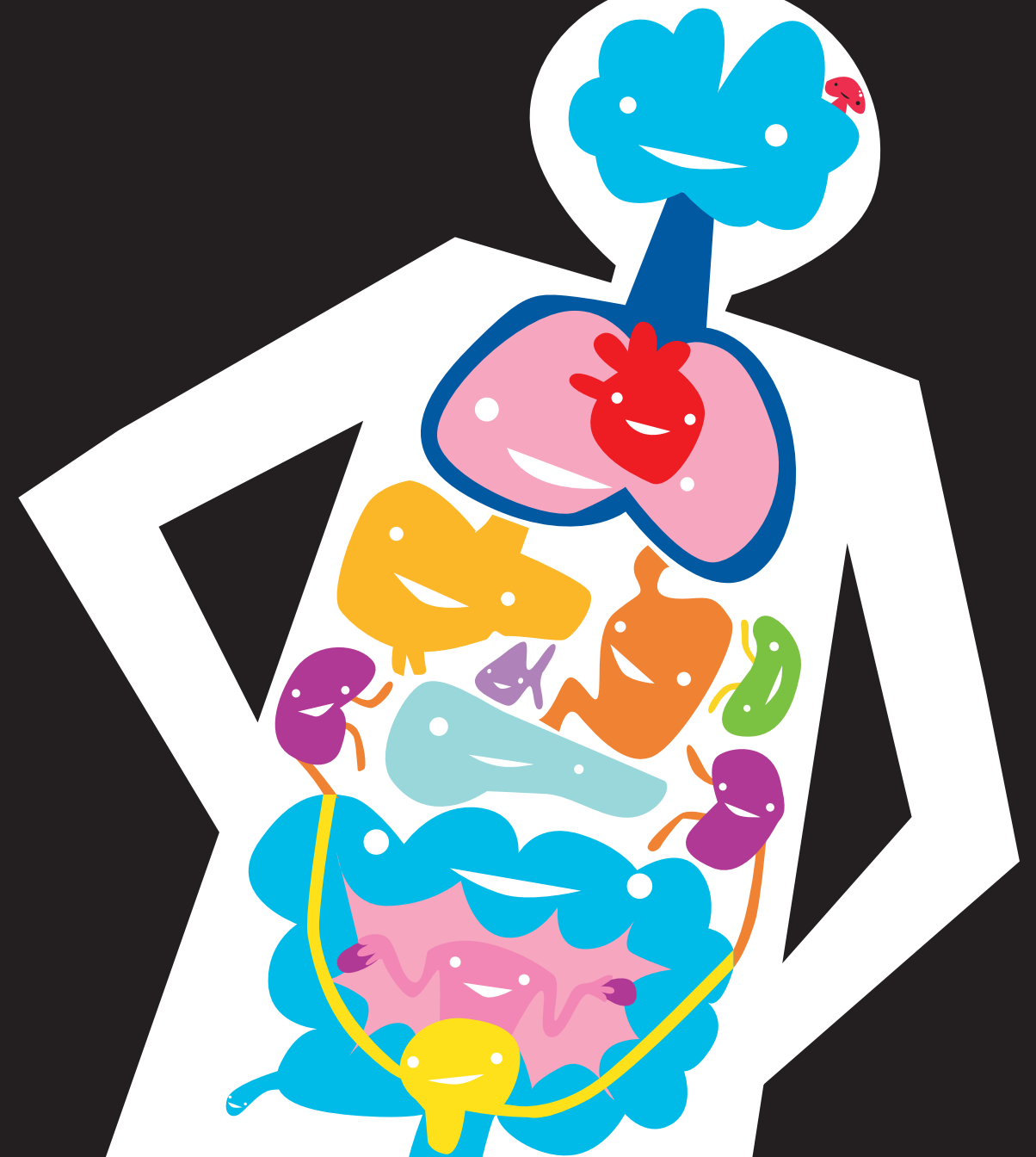
The brain is the boss of the body.
Dreams, ideas and memories all
come from inside our heads.
Now that's smart.

Your heart loves to pump blood!
Every part of your body needs blood,
from your head down to your toes.

spleen

brain

liver

lungs

kidney

stomach

colon

The next time you breathe in and out, give thanks to your lungs. These powerful windbags bring our bodies fresh air.
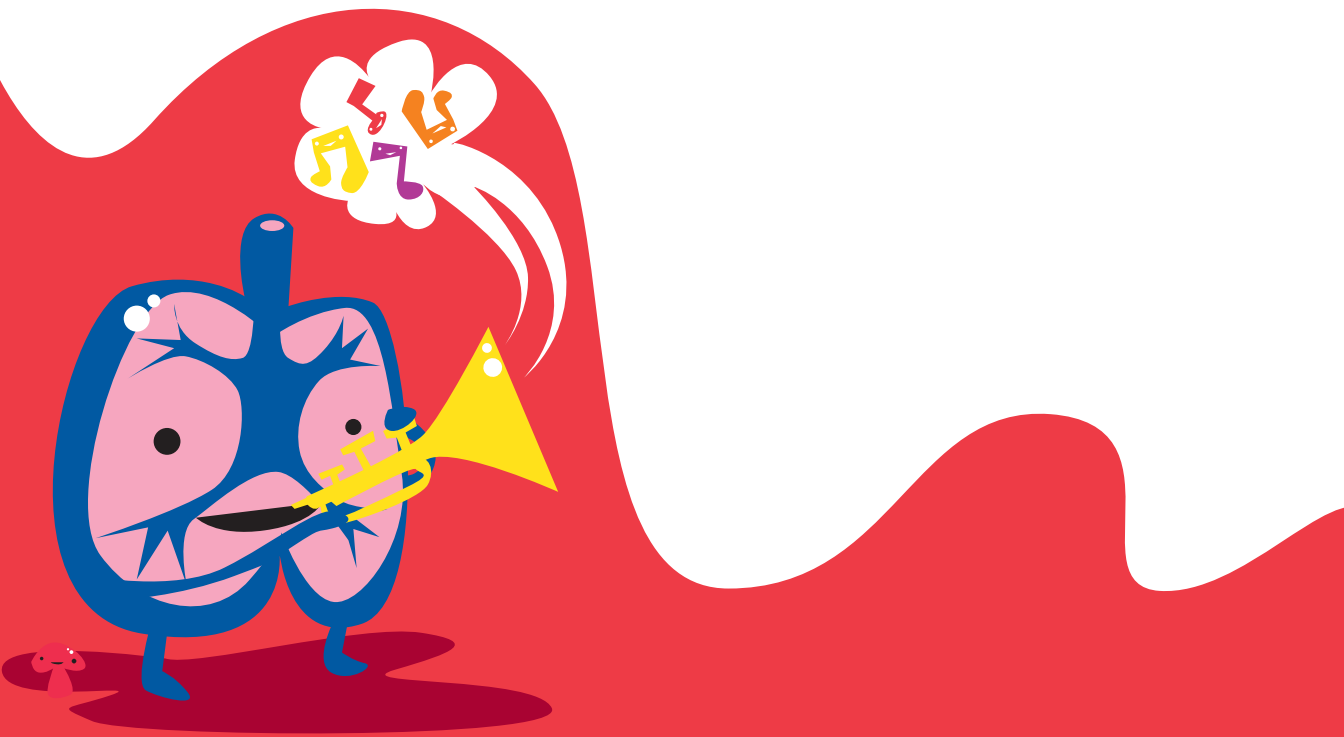
Your stomach feeds you.
Our tummies take the food we
eat and turn it into energy for our
bodies to grow and move. Yummy!

If you like cookies and cake, you can thank your pancreas. The panky helps you eat sugar.

INSULIN $25

Guess which gut has 400 jobs? The liver! Cleaning blood and storing vitamins are just two tasks your liver does daily. That's one busy organ.

This organ helps you eat ice cream and butter. The gallbladder holds bile, which digests fat. Give 'em your gall!
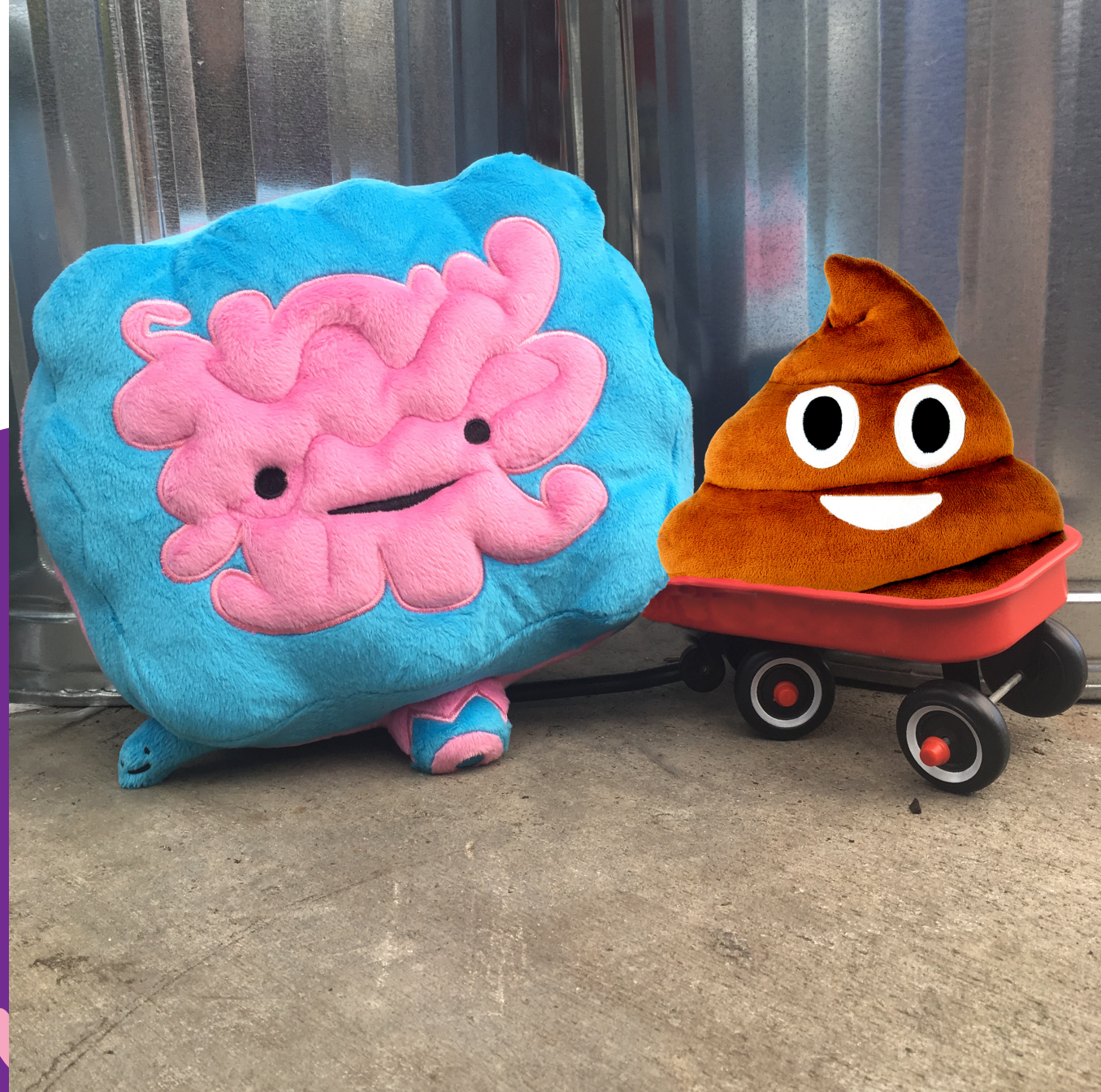
Food becomes fuel and poop inside
the magical tube we call the intestine.
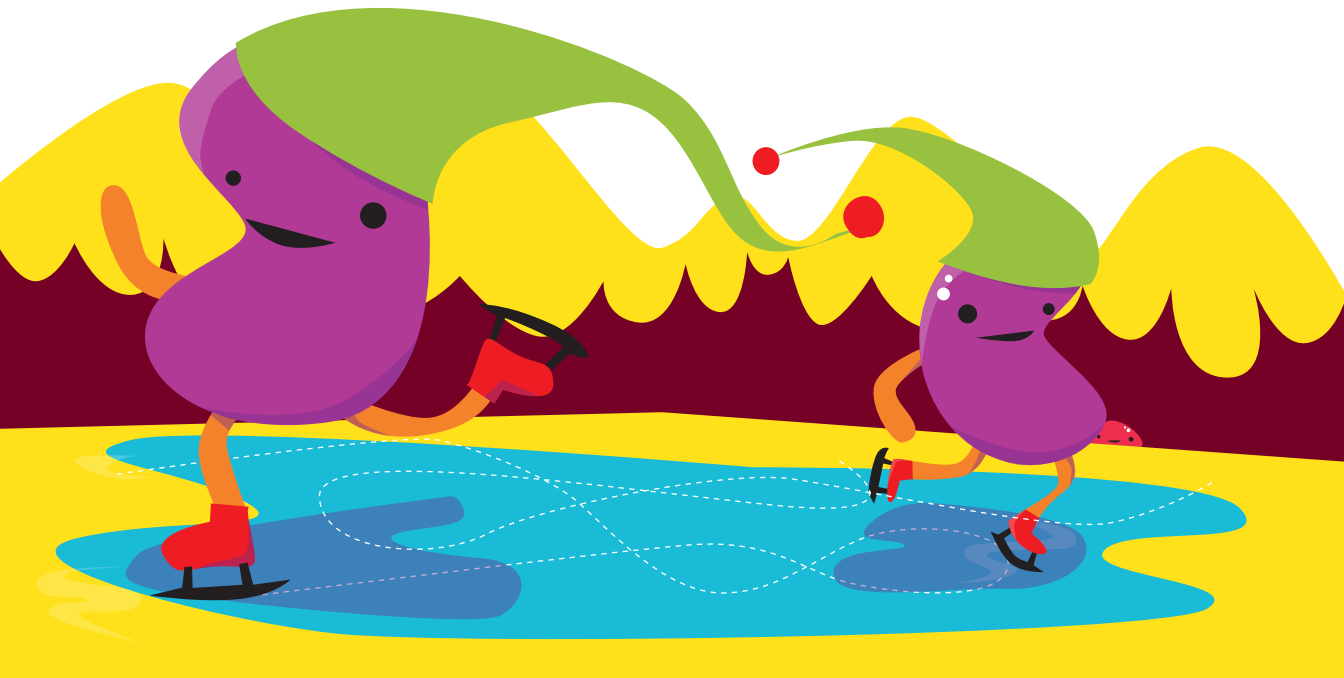Thanks for taking out the trash, pal!
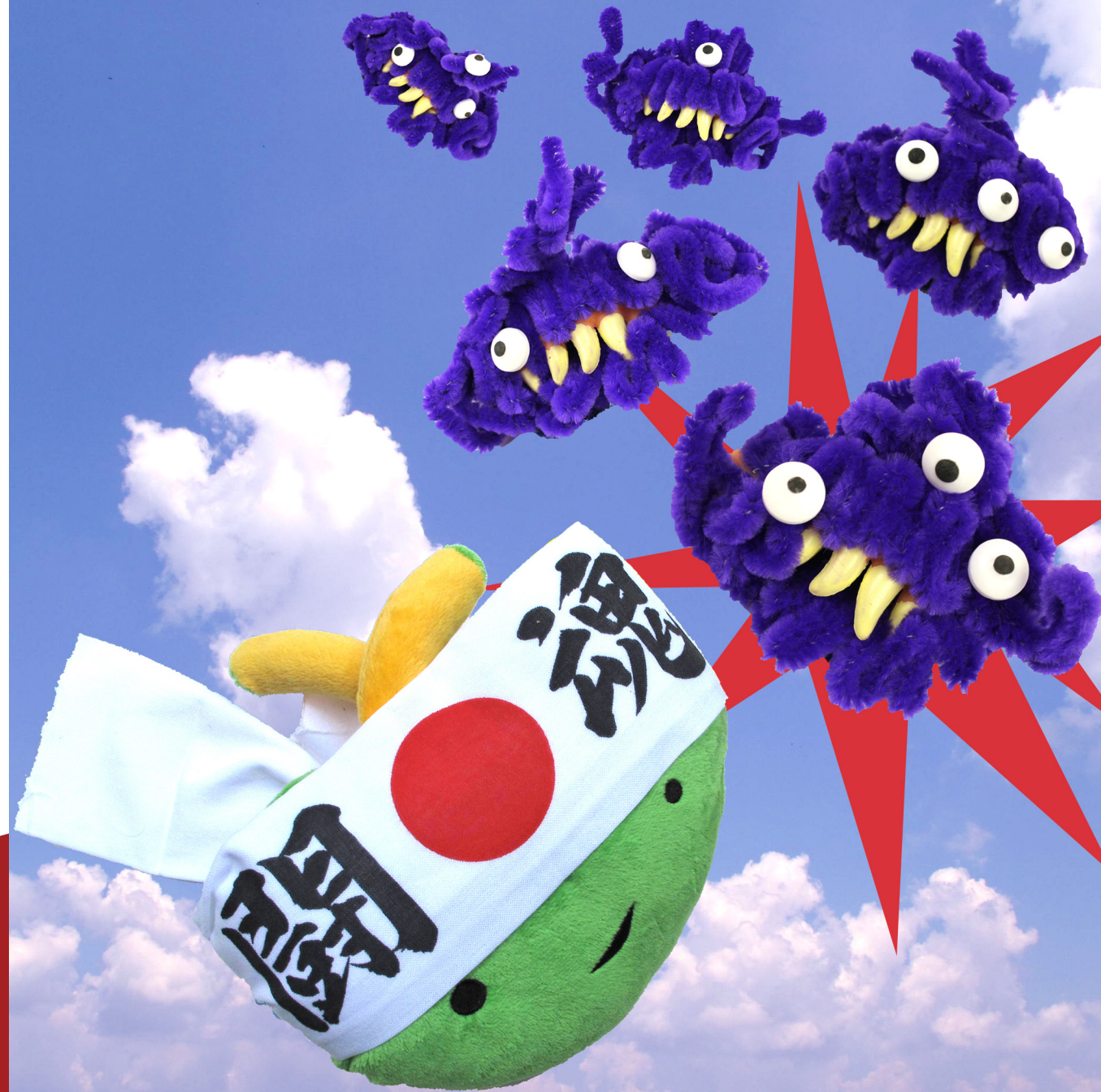
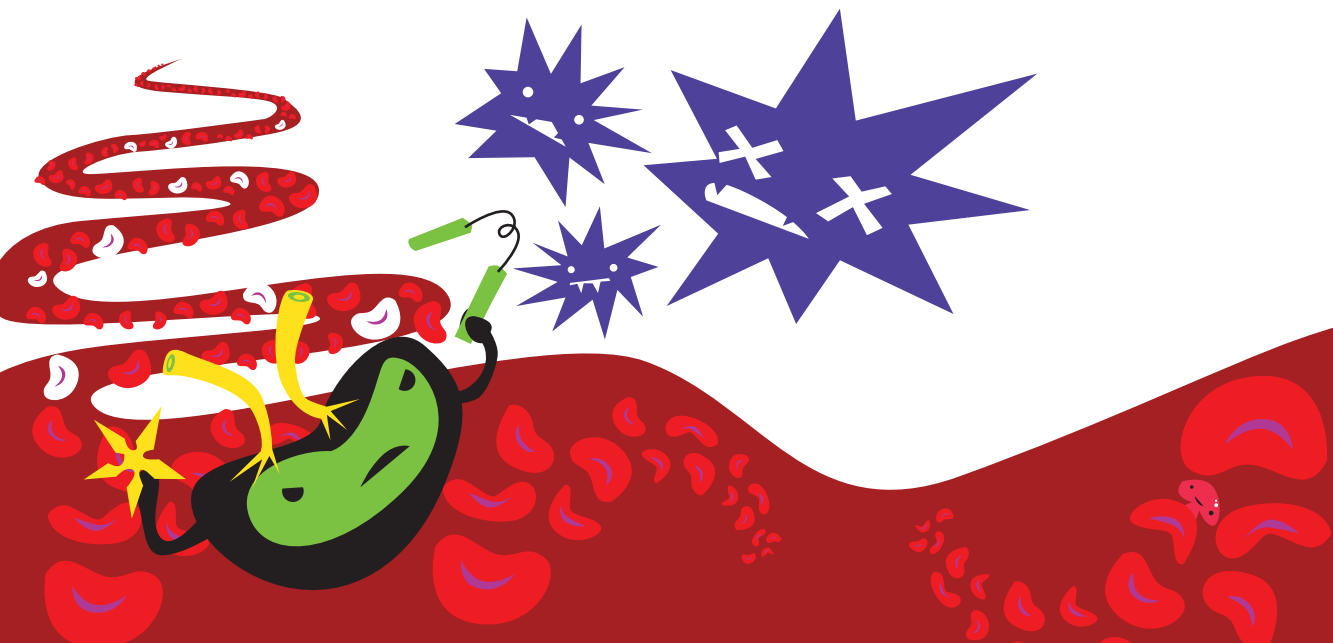LARGE INTESTINE

SMALL INTESTINE

APPENDIX!

Kidneys clean blood. Extra water and waste from the blood become pee. You have two of them!
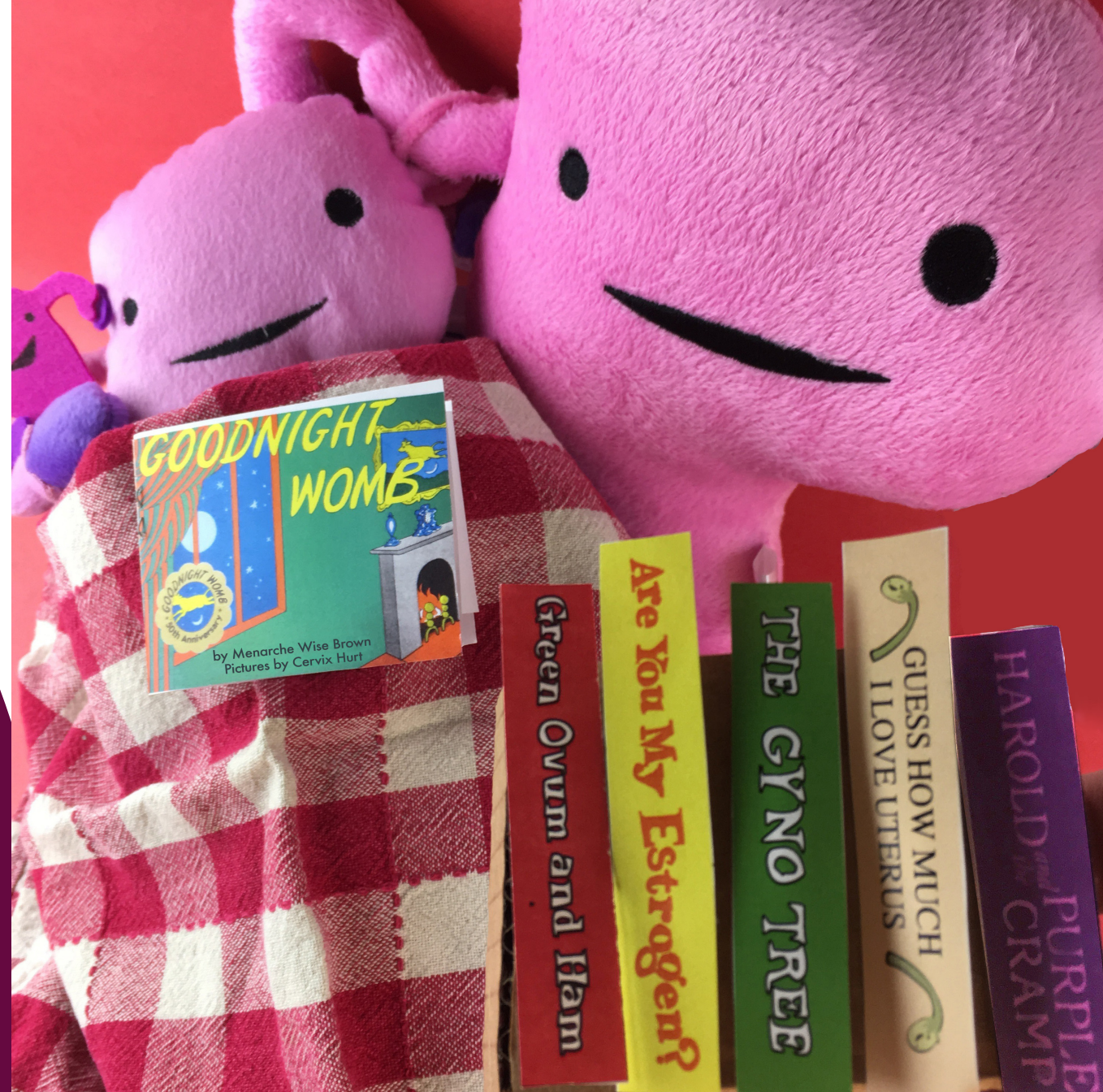
The bladder holds your pee until you have to go! Bladders can hold about two cups of liquid, so drink up.
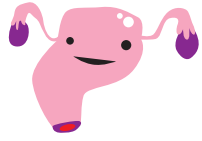
The spleen fights disease in your blood.
If you've got a cold or the flu, this body
buddy gets busy. Go get 'em, spleen!

Usually the size of a closed fist, the uterus can expand to hold an entire baby. This organ helps make and hold new human beings. Cool!
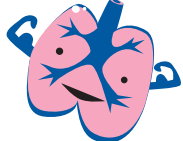

MENSES MOUNTAIN

LUTEAL LANE

OVULATION OVERLOOK

HORMONE HILL

GOODNIGHT WOMB

by Menarche Wise Brown
Pictures by Cervix Hurt

Green Ovum and Ham

Are You My Estrogen?

THE GYNO TREE

GUESS HOW MUCH I LOVE UTERUS

HAROLD and the PURPLE CRAMP

MEET MORE GUTS!

UTERUS
womb service
bleeds & breeds
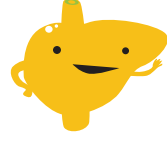
LUNG
lung is in the air
brings oxygen
to the body
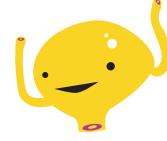
HEART
i got the beat!
loves to
pump blood

STOMACH
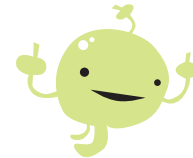i ache for you
digests food

LIVER
i work in detox
cleans body,
makes chemicals

BLADDER
don't stop relieving
holds your pee

LYMPH NODE
love at first cyte
fights infection

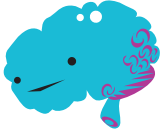**SPLEEN**
rock your antibody
battles disease,
cleans blood

PANCREAS
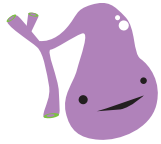insulin for the win
regulates
blood sugar

SALIVARY GLAND
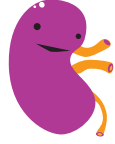gland-to-mouth
operation
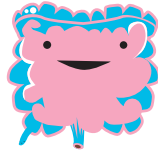moistens food

BRAIN
all you need
is lobe
boss of the body

GALLBLADDER
you've got gall
stores bile,
which digests fat

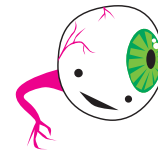**KIDNEY**
urine good hands
cleans blood,
makes pee

INTESTINE
go with your gut
turns food
into feces

SKIN
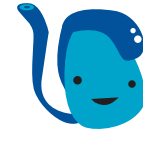in the flesh
protects insides
from the outside

EYEBALL
party pupil in the house
helps you see

TOOTH
flossin' ain't just
for gangstas
crushes food
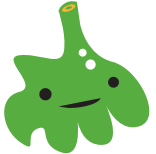
TESTICLE
having a ball
makes sperm

PROSTATE
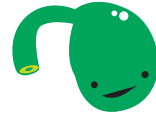right-hand gland
makes fluid that
feeds & protects sperm

SWEAT GLAND
stay cool
regulates body
temperature

SEBACEOUS GLAND
squeeze me!
keeps skin soft

PINEAL
sleep on it
makes melatonin

PITUITARY
thinking of a
master gland
hormone boss

KNEE JOINT
kneed for speed
bends your leg

THYMUS
not immune to
your charms!
trains T cells

APPENDIX
feel it in your gut
may collect gut bugs

INNER EAR
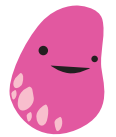now hear this
loves to listen

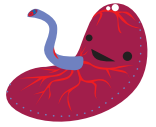**HYPOTHALAMUS**
it's all in your head
links nerves to
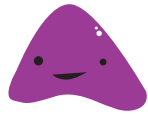hormones

MUSCLE
flexy and i know it
helps body move

TONSIL
you're swell
traps germs in
your mouth

PLACENTA
afterbirth party
baby's buddy

ADRENAL
what a rush
makes adrenaline

OVARY
ova achiever
makes eggs

MAMMARY
gland of milk&honey
makes milk

VERTEBRAE
got your back
allows back
to bend

COLON
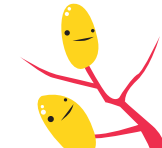you move me
absorbs water,
forms poop

ESOPHAGUS
down the hatch!
takes food
to the stomach

THYROID
feelin' hormonal
metabolism
master

PARATHYROID
feel it in your bones
regulates calcium

SINUSES
don't call me stuffy
moistens air