

# I HEART GUTS!

The human body is an amazing place. Let's look inside!



**BRAIN**  
boss of the body

**PITUITARY GLAND**  
hormone boss

**HYPOTHALAMUS**  
links nerves to hormones

**PINEAL GLAND**  
helps you sleep

**EYEBALLS**  
help you see

**INNER EARS**  
love to listen

**TONSILS**  
trap germs in your mouth

**ESOPHAGUS**  
takes food to the stomach

**SINUSES**  
moistens air

**LARYNX+ TRACHEA**  
take oxygen to lungs

**PARATHYROID**  
regulates calcium

**SALIVARY GLANDS**  
moisten food

**THYROID**  
metabolism master

**TEETH**  
crush food

**THYMUS**  
trains T cells

**SHOULDERS**  
connect back to arms

**LUNGS**  
bring oxygen, remove carbon dioxide

**HEART**  
loves to pump blood

**DIAPHRAGM**  
lung helper

**LYMPH NODES**  
fight infection

**SKIN**  
protects insides from the outside

**LIVER**  
cleans body, makes chemicals

**STOMACH**  
digests food

**MUSCLES**  
help body move

**SWEAT GLANDS**  
keep skin and body cool

**GALLBLADDER**  
stores bile, which digests fat

**SPLEEN**  
battles disease cleans blood

**BLOOD**  
carries food and fuel to all cells

**SEBACEOUS GLANDS**  
keeps skin soft

**PANCREAS**  
regulates blood sugar

**INSULIN**  
helps process sugar

**ADRENAL GLANDS**  
makes adrenaline

**ELBOWS**  
let arm bend

**KIDNEYS**  
clean blood, make pee

**SPINE**  
holds body upright

**BLADDER**  
holds your pee

**VERTEBRAE**  
allow back to bend

**INTESTINE**  
turns food into feces

**PELVIS**  
connects legs to torso

**COLON**  
absorbs water forms poop

**UTERUS**  
baby's first home

**APPENDIX**  
may collect gut bugs

**OVARIES**  
make eggs and estrogen

**RECTUM**  
last stop for poop

**CERVIX**  
connects uterus to vagina

**ESTROGEN**  
regulates menstrual cycle, pregnancy

**TESTICLES**  
make sperm

**MAMMARY GLANDS**  
make milk

**VULVA+VAGINA**  
connects uterus to outside

**PROSTATE**  
makes fluid that feeds + protects sperm

**PLACENTA**  
baby's buddy

**CLITORIS**  
good time gal

**PENIS**  
delivers sperm & pee

**SKENE'S GLAND**  
aka the G-spot

**KNEE JOINTS**  
bend your leg

**TESTOSTERONE**  
regulates sex drive and sperm production