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Organ Systems of the Body

When considering the human body, the most simple component is the cell. A group of similar cells form tissues, and those tissues comprise organs with distinct functions that support human life. Organs that work together to carry out coordinated activities classify into organ systems.

There are 11 organ systems: integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, urinary, digestive, and reproductive. We also have an immune system and hematopoietic system, but these are not organ systems.

Body system	Overview	Comprises of	Function
Integumentary	These organ systems comprise the basic structure of the human body.	includes the hair, nails and skin and acts as a barrier between the interior of the body and the outside world.	Protects the body from damage and infiltration by microorganisms, and also keeps the fluids inside the body and helps maintain body temperature.
Muscular		includes cardiac, skeletal and smooth muscles	Enables the body to move, as well as offering support and heat generation.
Skeletal		comprises bones, cartilage, ligaments and tendons.	Supporting the body, preventing damage to soft tissues, enabling movement and making blood cells.
Cardiovascular	Perform life-sustaining activities.	includes the blood, heart and vascular network	This system moves nutrients and waste products through the body and assists with maintaining body temperature and pH.
Nervous		includes the brain, nerves, sensory organs and spinal cord	As a unit, it gathers and utilizes information, and controls short-term modifications in other systems
Respiratory		comprises the bronchi, diaphragm, lungs, mouth, nose and throat.	This system manages breathing, transporting air to facilitate gas exchange.
Digestive	Digestive system collects and removes Undigested solids,	includes the oesophagus, intestines, gallbladder, liver, mouth, pancreas, salivary glands and stomach.	These organs work together to process food and absorb nutrients and water.

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Urinary/Excretory	the excretory system filters compounds from the blood stream and collects them in urine.	includes the bladder, kidneys, urethra and ureters	Purpose is to remove waste products and excess water from the body.
Reproductive		comprises fallopian tubes, ovaries, penis, prostate, seminal vesicles, testes, uterus, vagina and vas deferens.	This system makes gametes and sex hormones that enable humans to produce offspring.
Endocrine	Functions are less tangible – although no less vital.	contains the adrenals, ovaries, pineal, pituitary, testes and thyroid.	These glands work together to send hormonal messages through the body and control long-term alterations in the body systems.
Lymphatic		comprises lymph, lymph nodes and lymph vessels.	This system defends the body against infections and diseases, and also moves lymph between the blood and tissues.
Immune (not an organ system)		includes adenoids, leukocytes, spleen, thymus and tonsils	Defence against pathogens and diseases.
Hematopoietic system (not an organ system)		creates the cells that travel in blood.	The system in the body involved in the creation of the cells of blood.

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Meridians – Organs - Negative Emotions

Meridian	Represents	Psychologically	Negative emotions	Affirmative emotions
Governing	Not organ related (supplies energy to the brain). Collector of energy that has passed through the meridian system.	Usually a secondary emotion and negative emotion clears when the associated underlying emotional state is cleared.	Embarrassment	
Central / Conception	Collector of energy that has passed through the meridian system.	As above with Governing meridian	Shame	
Triple Warmer (thyroid)	The Triple Warmer embodies all hormone glands and their psychological and physiological control. Hormones activate the metabolic rate and thereby produce "energetic power".	Reflects impatience and intense activity. The meridian of hope	Depression, Despair Grief, Sorrow, Hopelessness, Helplessness, Loneliness, Isolation, Seclusion, Solitude, Despondency	I am feeling elated and vibrant. I am light and buoyant I am buoyed up with hope I am full of hope.
Circulation / Sex	The Pericardium as the "Master of the Heart" stands for the cardiovascular system, not only representing blood pressure and blood circulation (warmth of hands and feet) but also a person's positive affirmation of life. The libido is closely linked with this affirmation.	Reflects "perceiving Life as Pressure" The meridian of relaxation, generosity and renunciation	Regret, Sexual tension, Jealousy, Stubbornness, Remorse, not letting go of the past	To let go of the past. I renounce the past I am relaxed, my body is relaxed. I am generous
Lung	The Lung meridian governs the respiration and skin.	People with too much worry and concern often show energy deficiencies in the Lung meridian. Meridian of humility	Loss, Contempt, disdain, scorn, haughtiness, false pride, intolerance, prejudice	I am humble I am tolerant I am modest
Large Intestine	Large Intestine blocks indicates disturbances of bowel movements and of the lymphatic system of the	A psychological correlation is avoiding connections and fear of loss.	Lack of self-worth, Guilt	I am inherently pure and good I am worthy of being loved

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	intestines. It often points to toxicity build up in the intestines (toxins, heavy metals etc.).	The meridian of self-esteem		
Heart	Heart meridian stands for the blood vessels (Arteries), for the oxygen supply of the body and for emotional pressure and stress (accepting or rejecting people).	The highest control system for the relationship of and all happenings in body, mind and spirit. The meridian of forgiveness	Anger, Annoyance, Rage, Lack of love, Lack of forgiveness	I love I forgive My heart is forgiving
Small Intestine	The SI represents not only the mucous membrane of the small intestines, but also the mucous membranes of the nose and the throat area. Here is also the impact zone of food allergies. Important for the health of the mucous membranes is a physiological flora consisting of friendly bacteria rather than fungi and parasites.	Psychologically SI relates to digesting emotional and mental demands and pressures. The meridian of joy	Sadness, Grief, Loss, Suffering, Sorrow, Lack of joy	I am full of joy I am jumping with joy Life is great
Stomach	The stomach represents the production of digestive juices (stomach acid). Energy surplus reflects too much acid.	I am annoyed. The meridian of content and calmness	Disgust, Disappointment, Bitterness, Greed, Emptiness, Deprivation, Nausea, Hunger, Discontentment	I am content I am calm I am tranquil
Spleen - pancreas	Spleen - pancreas represents the composition of the blood and the lymphatic fluid as well as their toxin and waste loads, particularly waste in form of proteins. It is impaired by stress, by all kinds of waves and radiation (geopathic stress) and by toxins.	Pondering over problems, obsession with thoughts. The meridian of confidence	Realistic fears of the future, lack of faith in the future, anxiety about the future	I believe and trust in my future. I feel safe. My future is safe I have faith in the future
Gall Bladder	The bile detoxifies and eases the burden on the body. In the head, this	Connected to rage and anger.	Feeling angry, irritated and hot-tempered, rage, fury, wrath	I am full of loving care for others

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	has an influence on the brain, the eyes as well as the ears.	The meridian of admiration		I reach out with love I am forgiving I reach out with forgiveness
Liver	The liver is the laboratory for the entire metabolism. It also represents the veins of the legs and haemorrhoids.	Affected by grief, sorrow and by taking offence. The meridian of happiness	Unhappiness, bad luck	I am happy. I have luck/good fortune. I am merry/cheerful.
Bladder	Bladder represents the entire pelvic area including prostate, uterus, testicles and ovaries and therefore also the sexuality.	Resisting change, basic negative attitude Meridian of peace and the harmony	Restlessness, Impatience, Frustration, Lack of peace, Lack of harmony, conflict	I am peaceful I am at peace I am in harmony I am balanced All differences and conflicts in my inside are cleared I found my equilibrium
Kidney	The kidneys are responsible for excretion, but in addition also for the muscles (including their cramping) as well as for the connective tissue. Consequence of energetic disturbances can be kidney stones.	Wilfulness and stubbornness. The meridian of sexual confidence	Sexual indecisiveness/indecision, fear, domination, oppression	I feel sexually safe I am sexually secure My sexual forces are balanced