

FUNDAMENTALS OF HUMAN PHYSIOLOGY STUART IRA FOX

FUNDAMENTALS OF HUMAN PHYSIOLOGY STUART IRA FOX THE AMAZING JOURNEY OF A MEAL FROM MOUTH TO MUSCLE WE ALL EAT BUT DO WE TRULY UNDERSTAND WHAT HAPPENS TO THAT DELICIOUS MEAL ONCE IT ENTERS OUR BODIES THIS ARTICLE WILL TAKE YOU ON A FASCINATING JOURNEY EXPLORING THE INTRICATE PROCESSES THAT TRANSFORM FOOD INTO FUEL FOR OUR CELLS ALL EXPLAINED THROUGH THE LENS OF HUMAN PHYSIOLOGY WELL BE USING THE PRINCIPLES OUTLINED IN STUART IRA FOXS HUMAN PHYSIOLOGY TO ILLUMINATE THIS COMPLEX AND FASCINATING JOURNEY

THE MOUTH WHERE DIGESTION BEGINS

MECHANICAL BREAKDOWN THE FIRST STEP IN DIGESTION IS THE BREAKDOWN OF FOOD INTO SMALLER PARTICLES OUR TEETH AIDED BY THE TONGUE ARE RESPONSIBLE FOR THIS INITIAL MECHANICAL PROCESSING THIS CREATES A LARGER SURFACE AREA FOR THE DIGESTIVE ENZYMES TO WORK ON

CHEMICAL BREAKDOWN SALIVA SECRETED BY SALIVARY GLANDS CONTAINS ENZYMES LIKE SALIVARY AMYLASE WHICH BEGINS THE DIGESTION OF CARBOHYDRATES THIS PROCESS CONVERTS COMPLEX CARBOHYDRATES INTO SIMPLER SUGARS

SWALLOWING THE TONGUE IN CONJUNCTION WITH THE PALATE HELPS PROPEL THE FOOD BOLUS TOWARD THE PHARYNX THE EPIGLOTTIS A FLAP OF TISSUE CLOSES OVER THE TRACHEA TO PREVENT FOOD FROM ENTERING THE AIRWAY ENSURING THE BOLUS TRAVELS DOWN THE ESOPHAGUS

THE ESOPHAGUS A PASSAGEWAY TO THE STOMACH

PERISTALSIS THE ESOPHAGUS A MUSCULAR TUBE USES RHYTHMIC CONTRACTIONS KNOWN AS PERISTALSIS TO MOVE THE FOOD BOLUS TOWARDS THE STOMACH

SPHINCTERS AT THE TOP AND BOTTOM OF THE ESOPHAGUS ARE SPHINCTERS MUSCULAR RINGS THAT CONTROL THE FLOW OF FOOD THE UPPER ESOPHAGEAL SPHINCTER PREVENTS AIR FROM ENTERING THE ESOPHAGUS WHILE THE LOWER ESOPHAGEAL SPHINCTER PREVENTS STOMACH CONTENTS FROM REFLUXING BACK INTO THE ESOPHAGUS

THE STOMACH A CHURNING ACIDIC ENVIRONMENT

MECHANICAL BREAKDOWN THE STOMACHS MUSCULAR WALLS CHURN AND MIX THE FOOD WITH GASTRIC JUICES FURTHER BREAKING IT DOWN INTO SMALLER PARTICLES

CHEMICAL BREAKDOWN GASTRIC JUICE A HIGHLY ACIDIC MIXTURE CONTAINS PEPSIN AN ENZYME THAT BREAKS DOWN PROTEINS

HYDROCHLORIC ACID HCL THIS STRONG ACID ACTIVATES PEPSIN AND KILLS BACTERIA PRESENT IN FOOD

2 MUCUS A PROTECTIVE LAYER THAT PREVENTS THE STOMACH LINING FROM BEING DAMAGED BY THE ACIDIC GASTRIC JUICE

CHYME FORMATION THE CHURNING AND CHEMICAL BREAKDOWN TRANSFORM THE FOOD BOLUS INTO A SEMILIQUID MIXTURE CALLED CHYME

THE SMALL INTESTINE THE PRIMARY SITE OF ABSORPTION

DIGESTION CONTINUES THE CHYME ENTERS THE SMALL INTESTINE WHERE DIGESTION CONTINUES WITH THE AID OF ENZYMES SECRETED BY THE PANCREAS AND THE SMALL INTESTINE ITSELF

NUTRIENT ABSORPTION THE SMALL INTESTINES INNER LINING IS COVERED WITH VILLI AND MICROVILLI WHICH GREATLY INCREASE ITS SURFACE AREA FOR NUTRIENT ABSORPTION

CARBOHYDRATES THE SMALL INTESTINE BREAKS DOWN COMPLEX CARBOHYDRATES INTO MONOSACCHARIDES LIKE GLUCOSE FRUCTOSE AND GALACTOSE WHICH ARE THEN ABSORBED INTO THE BLOODSTREAM

PROTEINS PEPSIN TRYPSIN AND CHYMOTRYPSIN BREAK DOWN PROTEINS INTO AMINO ACIDS WHICH ARE THEN ABSORBED INTO THE BLOODSTREAM

FATS BILE PRODUCED BY THE LIVER AND STORED IN THE GALLBLADDER EMULSIFIES FATS BREAKING THEM DOWN INTO SMALLER DROPLETS FOR EASIER DIGESTION

LIPASES FURTHER BREAK DOWN THESE FATS INTO FATTY ACIDS AND GLYCEROL WHICH ARE ABSORBED INTO THE LYMPHATIC SYSTEM

MOTILITY PERISTALSIS CONTINUES TO PROPEL THE CHYME THROUGH THE SMALL INTESTINE

SEGMENTATION ANOTHER TYPE OF MUSCULAR CONTRACTION MIXES THE CHYME WITH DIGESTIVE JUICES AND FACILITATES ABSORPTION

THE LARGE INTESTINE

WATER ABSORPTION AND WASTE ELIMINATION

WASTE PROCESSING THE REMAINING UNDIGESTED MATERIAL PRIMARILY FIBER AND WATER ENTERS THE LARGE INTESTINE

WATER ABSORPTION THE LARGE INTESTINE ABSORBS MOST OF THE REMAINING WATER CONCENTRATING THE WASTE PRODUCTS INTO FECES

BACTERIA THE LARGE INTESTINE IS HOME TO A DIVERSE POPULATION OF BACTERIA THAT PLAY A CRUCIAL ROLE IN BREAKING DOWN UNDIGESTED FOOD PRODUCING VITAMINS LIKE VITAMIN K AND AIDING IN THE IMMUNE SYSTEM

ELIMINATION FINALLY THE FECES ARE PROPELLED THROUGH THE RECTUM AND ELIMINATED FROM THE BODY THROUGH THE ANUS FROM

FOOD TO FUEL THE JOURNEY CONTINUES BLOODSTREAM THE ABSORBED NUTRIENTS LIKE GLUCOSE AMINO ACIDS AND FATTY ACIDS ARE TRANSPORTED THROUGHOUT THE BODY VIA THE BLOODSTREAM CELLS THESE NUTRIENTS REACH INDIVIDUAL CELLS WHERE THEY ARE USED FOR ENERGY PRODUCTION 3 GROWTH AND REPAIR CELLULAR RESPIRATION GLUCOSE THE PRIMARY ENERGY SOURCE IS BROKEN DOWN THROUGH CELLULAR RESPIRATION A PROCESS THAT RELEASES ENERGY IN THE FORM OF ATP THIS ENERGY IS THEN USED BY THE BODY TO PERFORM VARIOUS FUNCTIONS INCLUDING MUSCLE CONTRACTION NERVE IMPULSE TRANSMISSION AND MAINTAINING BODY TEMPERATURE CONCLUSION THE JOURNEY OF A MEAL IS AN EXTRAORDINARY TESTAMENT TO THE COMPLEXITY AND EFFICIENCY OF THE HUMAN BODY FROM THE MECHANICAL BREAKDOWN IN THE MOUTH TO THE ABSORPTION OF NUTRIENTS IN THE SMALL INTESTINE AND THE ELIMINATION OF WASTE IN THE LARGE INTESTINE EACH ORGAN PLAYS A CRITICAL ROLE IN THIS INTRICATE PROCESS BY UNDERSTANDING THE PHYSIOLOGY OF DIGESTION WE GAIN A DEEPER APPRECIATION FOR THE REMARKABLE MECHANISMS THAT SUSTAIN OUR LIVES THIS ARTICLE PROVIDES A BASIC OVERVIEW OF THE DIGESTIVE SYSTEM FOR A MORE COMPREHENSIVE UNDERSTANDING REFER TO HUMAN PHYSIOLOGY BY STUART IRA FOX WHICH DELVES DEEPER INTO THE SPECIFIC MECHANISMS AND INTRICACIES OF THIS VITAL SYSTEM

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