

Yin Organs

Lungs

A pair of spongy, air filled organs
Expand and contract as we breathe
Help move fresh oxygen into our body, and eliminate waste gases

Large Intestine (descending colon)

The large bowel or colon
The last part of the digestive system
Water is absorbed here
The remaining waste is stored as x before being removed by defecation

Kidneys

Remove waste and extra water and toxins from the blood
Each kidney is a system of millions of tiny filters called nephrons
A nephron has two parts: The glomerulus (the first part of the filter), that strains the blood cells and large molecules from the toxins and fluid, the fluid and toxins then pass through then go through the tubule. The Tubule collects minerals that the body needs and puts them back into the bloodstream and filters out more toxins.

Bladder

Part of the urinary system (renal system)
Produces, stores and eliminates urine
The kidneys make urine by filtering waste and extra water from the blood, it then travels from the kidneys through two tubes (ureters) and fills the bladder

Liver

Part of the digestive system
The body's second largest organ (next to the skin)
Plays an important role in detoxifying the body
Regulate blood levels of amino acids which form the building blocks of proteins
Converts excess glucose into glycogen for storage, which is later converted back to glucose for energy
Produces cholesterol and special proteins that help carry fats through the body
Produces bile

Gallbladder

Part of the digestive system
A small pouch that sits under the liver
Stores bile that is produced by the liver
Heart

Responsible for pumping blood throughout our body

Small Intestine (ascending colon)

20 feet long and one inch in diameter

It's job is to absorb most of the nutrients from what we eat and drink before it passes to the large intestine

Heart

Pumps oxygenated blood and hormones to body

Received deoxygenated blood and metabolic waste products and sends them to the lungs for oxygenation

Maintains blood pressure

Stomach

The stomach is a J-shaped organ that digests food

Produces enzymes (substances that create chemical reactions) and acids (digestive juices)

Breaks down food so it can pass to your small intestine

Spleen

Fights invading germs in the blood

Contains infection-fighting white blood cells

Controls the level of blood cells (white blood cells, red blood cells and platelets)

Filters the blood and removes any old or damaged red blood cells