

EXTRA VIDEOS

- 1 ▶ Watch the video and say how these mnemonics can help you remember the 11 organ systems of the human body.

How to remember the 11 Major Organ Systems | posted by MooMoo Math and Science

- | | |
|---------------|-----------------------|
| 1. M - | 12. My - |
| 2. U - | 13. Sister - |
| 3. R - | 14. Rachel - |
| 4. D - | 15. Is - |
| 5. E - | 16. Extremely - |
| 6. R - | 17. NERVOUS - |
| 7. S - | 18. Cuz - |
| 8. L - | 19. Uncle - |
| 9. I - | 20. Don - |
| 10. N - | 21. Lied - |
| 11. K - | 22. REcently - |

- 2 ▶ Read the notes, then watch the video and find the names of these body parts mentioned there.

- The neuro-lymphatic reflexes are points located mainly on the chest and on the back along the spine. Stimulating those points with digital massage can be an effective way to relieve pain and increase energy.
- Vita Flex Foot Chart is a map of the foot that shows the reflex points that correspond to organs, tissues, and systems within the body. This shows you where to apply the pressure so you can direct the essential oils to any area.

Essential Oils and Lymphatic System | posted by Jessica Payne

- System of tissues and organs that help clear the body of toxins and waste.
- L _____
- Organs in the abdominal cavity that excrete urine. - _____ Y ____
- Secretory gland in the chest that is the main organ of the lymphatic system. - _____ S
- Organ in the abdomen that acts as a filter for blood as part of the immune system.
- _ P _____
- The spot where the umbilical cord was once attached. - B _____ B _____
- The part of the intestines where 90% of the digestion and absorption of nutrients and minerals from food occurs. - _____ L I _____
- The last part of the gastrointestinal tract where waste material is stored as feces.
- L _____ E
- A pair of soft tissue masses in the rear of the throat covered by pink mucosa. - T _____
- Glands in the roof of the mouth which produce antibodies. - A _____

GAMES AND INTERACTIVE ACTIVITIES

1



The organ systems quiz – Who will be the fastest to solve this quiz?

- Which organ system moves your blood, oxygen, and nutrients throughout your body?
a. circulatory b. digestive c. endocrine d. lymphatic
- Which organ system controls your thinking, movement, and senses?
a. circulatory b. endocrine c. muscular d. nervous
- Which organ system works with the skeletal system to control movement of your body?
a. endocrine b. lymphatic c. muscular d. nervous
- Which organ system produces white blood cells and antibodies to help fight disease?
a. circulatory b. endocrine c. integumentary d. lymphatic
- Which organ system helps get oxygen into your blood and remove carbon dioxide?
a. circulatory b. respiratory c. lymphatic d. muscular
- Which organ system makes hormones that control your growth, moods, and behaviour?
a. endocrine b. lymphatic c. nervous d. reproductive
- Which organ system helps support, protect, and move the body and also makes blood?
a. circulatory b. integumentary c. muscular d. skeletal
- Which organ system processes the food you eat to supply nutrients to the body?
a. circulatory b. digestive c. endocrine d. lymphatic
- Which organ system filters and cleans your blood?
a. circulatory b. lymphatic c. respiratory d. urinary
- Which organ system contains the largest organ of the body?
a. circulatory b. endocrine c. integumentary d. lymphatic
- Which organ system makes sex cells to help form a fetus?
a. endocrine b. lymphatic c. reproductive d. urinary

2



Odd Organ Out - In each line, there is an organ that doesn't fit in with the others. Circle the odd one out and say why it is different.

- arteries / heart / stomach / veins
- brain / cartilage / nerves / spinal cord
- heart / kidneys / muscles / tendons.....
- liver / spleen / thymus / tonsils
- bronchi / lungs / nose / tendons
- hypothalamus / liver / thyroid / parathyroids
- bones / cartilage / ligaments / spleen
- dermis / esophagus / intestine / stomach
- bladder / kidneys / lungs / urethra
- epidermis / hair / nails / teeth
- bladder / testes / vagina / uterus.....

REAL-LIFE ACTIVITIES

1



PAIR WORK. Your trainee asks you some questions about how to behave in these situations. Answer the questions by following the directions and/or by adding any information prompted by your knowledge and experience. Role-play the dialogue.

Your trainee's questions	Your answers
1. Perché è così importante l'utilizzo di strumenti disinfettati e sterilizzati?	Per evitare di diffondere infezioni e malattie.
2. Perché è importante conoscere l'anatomia della struttura ossea?	Per esempio, conoscere la struttura ossea del viso è importante per impostare un make-up che valorizzi tale struttura.
3. Perché è importante conoscere l'anatomia e le principali malattie della pelle?	Per sapere come trattarla e quali trattamenti fare e quali evitare in presenza di acne, psoriasi, rosacea, ecc.
4. Quali sono i prodotti migliori per la detersione della pelle di una cliente con acne?	I prodotti migliori da utilizzare sono un latte detergente che pulisca a fondo la pelle senza essere troppo aggressivo e un tonico che ristabilisca il pH fisiologico.
5. Come trattare una cliente che presenta gonfiore al viso e borse sotto gli occhi?	Per ridurre il gonfiore al viso l'ideale è un massaggio linfatico drenante che acceleri la disintossicazione dei nodi linfatici.
6. Come camuffare le macchie bianche di una cliente con vitiligine?	Suggerisci di usare fondotinta coprenti che, soprattutto d'estate, devono contenere filtri UV ed essere resistenti all'acqua.
7. Che cosa fare in caso di clienti con irsutismo o ipertricosi?	Suggerisci trattamenti di depilazione per rimuovere i peli superflui senza strappare la radice o di epilazione per eradicare il pelo definitivamente.
8. Come trattare un cliente che presenta crampi muscolari?	Suggerisci di usare il massaggio per riattivare la circolazione sanguigna, linfatica e togliere la contrattura muscolare.
9. Come trattare una cliente che presenta vene varicose?	Per affrontare le vene varicose, le tecniche di massaggio più efficaci sono il drenaggio linfatico per stimolare la circolazione linfatica e sanguigna e il massaggio circolatorio con lunghe manovre di sfioramento.