

“Theres so much pollution in the air now that if it werent for our lungs thered be no place to put it all.”By Robert Orben“Forests are the lungs of our land, purifying the air and giving fresh strength to our people.”By Franklin D. Roosevelt“It opens the lungs, washes the countenance, exercises the eyes, and softens down the temper; so cry away.”By Charles Dickens“My next breath may very well be in your lungs. Store it wisely, because my life depends on it.” By Jarod KintzThe inspired and expired air may be sometimes very useful by condensing and cooling the blood that passed through the lungs.Move to your heart, Breathe.Close your eyes and breathe deeply - slowly -fill your lungs with love and gratitude -exhale each and every trouble -again and again - gratitude in, troubles out.By Jonathan Lockwood HuieThis was going to be a book on the anatomy and physiology of the respiratory system.It still is a book on the human lung and what a human needs to Breathe.I will try to add some descriptions in simple vernacular words and make it more fun to read.

The LungsThe lungs are a pair of air-filled organs located on either side of the chest.The windpipe brings inhaled air from the nose or mouth into the lungs through its tubular branches called bronchi.The bronchi then divide into smaller and smaller branches (bronchioles) finally becoming microscopic.The bronchioles eventually end in microscopic air sacs called alveoli.In the alveoli oxygen from the air is absorbed into the blood.Carbon dioxide a waste product of metabolism travels from the blood to the alveoli where it can be exhaled.Between the alveoli is a thin layer of cells which contains blood vessels and cells that help support the alveoli.The lungs are covered by a thin tissue layer (pleura) which also line the inside of the chest cavity.A thin layer of fluid in the pleural cavity works as a lubricant allowing the lungs to move smoothly as they expand and contract with each breath.When a person breathes in, the diaphragm and the muscles between the ribs contract and expand the chest cavity.This expansion lowers the pressure in the chest cavity below the outside air pressure.Air then enters through the airways from high pressure to low pressure and inflates the lungs.When a person breathes out, the diaphragm and intercostal muscles relax and the chest cavity gets smaller.The decrease in volume of the cavity increases the pressure in the chest cavity above the outside air pressure.Air from the lungs (high pressure) then flows out of the airways to the outside air (low pressure). The cycle then repeats with each breath.Air finally ends up in the 600 million alveoli.As these millions of alveoli fill up with air, the lungs get bigger.It is the alveoli that allow oxygen from the air to pass into the blood.All the cells in the body need to use oxygen every minute of the day.Oxygen passes through the walls of each alveolus into the tiny capillaries that surround it.The oxygen enters the blood in the tiny capillaries riding on the hemoglobin of the red blood cells and traveling through blood vessels to the heart.The heart then sends the oxygenated blood out to all the cells in the body.When it is time to breathe out, everything happens in reverse:The diaphragm relaxes and moves up pushing air out of the lungs.The rib muscles become relaxed and the ribs move in again creating a smaller space in the chest.By now the cells have used the oxygen they need and the blood is carrying carbon dioxide and other wastes that must leave the body.The blood comes back through the capillaries and the wastes such as CO₂ enter the alveoli.Then the breathing out occurs in the reverse order of how they came in.

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Human Respiratory System & Lungs: How They Work, Gas - WebMD WebMDs Lungs Anatomy Page provides a detailed image and definition Learn about lung function, problems, location in the body, and more. conducts inhaled air into the lungs through its tubular branches, Breathing also becomes difficult in this form of COPD. . You may not even know you have it. How the Lungs Work - National Heart, Lung, and Blood Institute - NIH Chronic obstructive pulmonary disease (COPD) — Comprehensive Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. Emphysema is a condition in which the alveoli at the end of the . If youre a longtime smoker, these simple statements may not seem so simple, Spirometry - Breathe - ERS Journal - European Respiratory Society How to Increase Lung Capacity in 5 Easy Steps When you have a chronic lung disease, such as pulmonary fibrosis or chronic obstructive Lung function is a metric determined by how much air your lungs can hold, how Exercise causes your heart and breathing rates to increase, so your body has Lung Institute How to Increase Lung Capacity in 5 Easy Steps Its not until we experience problems breathing that we take notice. But the truth is, like the rest of our body, our lungs need daily care and attention. Lungs at rest and during most daily activities are only at 50 percent of their capacity, can do to keep your lungs functioning properly are some simple breathing techniques, The Respiratory System - Structure And Function Biomedical Its main function is to take in oxygen and carbon dioxide. system are lungs, which carry out this exchange of gases as we breathe. Diseases and conditions of the respiratory system fall into two must first be certified by the American Board of Internal Medicine and Human Body: An Illustrated Guide. Respiratory system (pulmonary system) information myVMC Keep reading for 5 simple steps for better breathing with emphysema here. walls, sparking inflammation within the lungs and narrowing its airways. If you have a respiratory illness such as COPD, pulmonary fibrosis (PF) or . your current health and medical history and determine if youre a candidate. If youre having trouble catching your breath, a simple lung function test COPD Guide You probably dont think much about your breathing until you have trouble Spirometry is used to help diagnose breathing problems such as If youre taking an asthma medicine, spirometry can help your doctor Human Lung Anatomy: Lung Structure, Lobes & Function Exercise should be an important part of your COPD treatment. WebMD tells you which four types of exercise can help you breathe a little easier -- and which to avoid. COPD Guide This type of exercise works your heart and lungs, improving their endurance. . What is the top cause of this condition? Keeping Your Lungs Healthy - Rush University Medical Center Pneumothorax is a lung condition in which the lung(s) has been Collapsed Lung (Pneumothorax) Topic Guide There are two types of pneumothorax, tension and simple. The prognosis of pneumothorax depends on its cause. . if you have any shortness of breath or pain associated with breathing. Recovery from pneumonia British Lung Foundation The lungs main function is to help oxygen enter the red cells in the blood. They also help the body to get rid of CO2 gas when we breathe out. The medical term for all the air tubes from the nose and mouth down to the The basic rhythm of breathing is controlled by the brain. Part of What to eat when you have a cold. Respiratory System Interactive Anatomy Guide - InnerBody Spirometry is the term given to the basic lung function tests that measure the air Before performing spirometry, the equipment used must be calibrated, or at such as you would find in a lung function laboratory, can update its output .. Intercollegiate Guidelines Network British Guideline on the Management of Asthma.

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