



I'm not robot



Continue

Digestive system structure and function pdf

The digestive system plays a role in taking nutrients, eliminating waste, and absorbing and using the nutrients that we take in. While you may not think about your digestive system often, you use it all the time. You may also not think of the digestive system as fun, but let's look at some funny facts about your digestive system you may not have known.¹ The average person produces 2 pints of saliva every day. That's 32 ounces, or 2 cans of soda.² The muscles of the esophagus act like a giant wave. This is what moves food or drinks down to the stomach. This wave action is called peristalsis.³ The second part of the small intestine is called jejunum. It's just interesting to say!⁴ Enzymes in the digestive system are what divides your food into the different nutrients your body needs.⁵ The gut axis of the brain is a close bond that exists between the digestive system and your brain. Emotions (including stress) and brain disorders affect how your body digests food. Your body can move food through the digestive system even when you are standing on your head. It's not related to gravity because it works with muscles.⁷ Do you know those washing powders you hear advertised, which are enzymes to remove stains? Some of these enzymes are the same as those found in your digestive system.⁸ The small intestine is about 22-23 feet long, while the colon is only about 5 feet long.⁹ Have you ever wondered why it smells bad when you pass the gas? This is because it is produced by fermented bacteria and then mixed with air. Platypus has no stomach. The gastric snarl is called bororgia and occurs all the time, but it's just louder when your stomach is empty because there is no food to drown it out.¹² The stomach has the ability to stretch and hold up to 4 pounds of food at a time.¹³ Aerobic exercise is the best type of exercise to keep your digestive tract in shape.¹⁴ When you are born, you do not have any of the healthy bacteria, your system should digest food.¹⁵ Symptoms of the gastrointestinal tract can be caused by just over 1 cup of fizzy drink.¹⁶ You burp to release the extra air that you swallow if you eat fast, drink fizzy drinks, or smoke.¹⁷ The hiccup can be caused by a change in temperature that occurs suddenly.¹⁸ The amount of saliva you produce increases when you throw to protect your teeth from the acid in your stomach, which will come up.¹⁹ The longest attack of permanent hiccups lasted 68 years. It's amazing how your body works, and what includes the digestive Learning more about this can really reveal some entertainment or at least interesting facts that you may not have known. So, the next time your digestive system does something you don't understand, start researching to find out Many issues you can have with digestion can be corrected by learning how it works and then avoiding what upsets the balance of your digestive system. Last updated September 28, 2020, at the beginning of the year, if you asked someone if they could do their job from home, many would say no. They would point to the need for meeting groups, a place to be able to sit down and get on with their work, camaraderie in the office, and the opportunity to meet customers and clients face to face. Nearly ten months later, most of us learned that we can do our work from home and in many ways, we found working from home much better than doing our job in a busy, noisy office environment where we are inundated with distractions and noise. One of the things the 2020 pandemic reminded us is that we humans are incredibly adaptable. This is one of the strengths of our family. However, we have been unknowingly practicing this for many years. When we move home, we go through huge shocks. When we change jobs, we not only change our work environment, but also change the people around us. People adapt, and this adaptability gives us strength. So, what are the pros and cons of working from home? Below I'll eat some of the things I've discovered since I made a change in being predominantly a person who works from home. Pro #1: A quieter start to the day is one I love. When I had to be at work in the past, I always set my anxiety to give me enough time to make coffee, take a shower, and change. The morning was always like a rush. Now, I can wake up a little later, make coffee and instead of rushing to get out of the door at a certain time, I can spend ten minutes writing in my journal, reviewing my plan for the day, and start the day in a more relaxed mood. When you start the day in a relaxed state, you start more positively. You will find you have more clarity and more attention, and you don't waste energy worrying about whether you will be late. Pro #2: A quieter, focused time and increased performance. If a colleague or boss can see that you are sitting at your desk, you are more approachable. It's easier for them to ask you questions or to engage you in meaningless conversations. Working from home allows you to close the door and get an hour or two of quiet focused work. If you close the slack and email, you avoid the risk of being disturbed, and it's amazing how much work you can do. An experiment conducted in 2012 showed that working from home increases a person's productivity by 13%, and more recent studies also show a significant increase in productivity. When our productivity increases, the amount of time it takes doing our job diminishes, and that means we can spend more time on activities that can bring us closer to our our and friends, and improve our mental health. Pro #3: More control over your Day Without bosses and colleagues watching us all day, we have a lot more control over what we do. While some works will inevitably be more urgent than others, we still get a lot more choice about what we are working on. We also get more control over where we work. I remember when we were working in the office, we were given a fixed workstation. Some of these workstations were pleasant with lots of natural sunlight, but other areas were less pleasant. It's often a good place to be. Working from home, we can choose what work to work on and whether we want to run into the window or not. We can get up and move somewhere else, and we can move from room to room. And if you have a garden, on good days you can spend a few hours working outside. Pro #4: You can choose your office environment While many companies will provide you with a laptop or other equipment to do your job, others will give you an allowance to buy your equipment. But with furniture such as your chair and desk, you have a lot of freedom. I've seen a lot of amazing home jobs with lovely set-better chairs, laptop stands that make the work with a laptop much more ergonomic and therefore better for the neck. You can also choose wall art and small nick-nacks at your desk or desk. With all this freedom, you can create a very personal and excellent work environment in which it is pleasant to work. When you are happy to do your job, you will inevitably do better. Con #1: We move a lot less when we drive to the place of work, there is movement involved. Many people take public transport, which means walking to a bus stop or train station. Then, there is a traffic at lunchtime when we go out to buy our lunch. Working in the workplace requires us to move more. Unfortunately, working from home naturally makes us move less, and that means we don't burn as many calories as we need. Moving is essential to our health and if you work from home, you need to become much more aware of your movement. To make sure you move enough, make sure you take lunch breaks. Get off your desk and move. Go outside if you can and take a walk. And, of course, refrain from regular trips to the fridge. Con #2: Less Human Interaction One of the most beautiful things about bringing groups of people together to work camaraderie and relationships that are built over time. Working from home takes us away from this human interaction, and for many, it can cause a sense of loss. are a social species, we have to be with other people. Without this connection we begin to feel lonely and this can lead to mental health problems. The meeting is scaled up and microsoft Teams can't replace this interaction. Often Often we get at our jobs are spontaneous. But with video calls, there's nothing spontaneous - most of these calls are in advance, and it's not spontaneous. This lack of spontaneous interaction can also reduce the team's ability to develop creative solutions- there is just something about a group of incredibly creative people coming together in a room to trash out ideas together that lends itself to creativity. While video calls can be helpful, they don't match the connection between a group of people working on the solution together. Con #3: The cost of buying Home Office equipment SE not all companies are going to provide you with a good allowance to buy expensive home office equipment. 100% of remote companies such as Doist (creators of Todoist and Twist) provide a \$2,000 allowance for all of their employees every two years to buy office equipment. Others are not so generous. It can prove expensive for many people to create their ideal work from home workspace. Many people have to do with what they already have, and that could mean inappropriate chairs that damage the backs and necks. In the future, which is likely to include more flexible working mechanisms, companies will need to support their employees in a way that add additional costs to the already reduced bottom line. Con #4: Unique distractions S Not all people have the advantage of being able to afford the care of young children, meaning that they have to balance work and care for their children. For many parents, being able to go to work gives them time away from the noise and demands of a young family so they can get to their work. Working from home removes this and can make making video calls almost impossible. To overcome this where possible, you need to set some boundaries. I know it's not always possible, but it's something you need to try. You have to do your best to make sure that you have some boundaries between your working life and home life. Final Thoughts Working from home can be extremely beneficial to many people, but it can also bring serious problems to others. We are moving towards a new way of working. Therefore, companies should consider both the pros and cons of working from home and be ready to support their employees in this transition. It won't be impossible, but a lot of thought would have to go into it. Read more about working with Home Featured Photo Credit: Standsome Worklifestyle via unsplash.com unsplash.com digestive system structure and function ppt. digestive system structure and function quizlet. digestive system structure and function worksheet. digestive system structure and function table. digestive system structure and function pdf. digestive system structure and function bbc bitesize. digestive system structure and function exercise 34. digestive system structure and function in hind

[dubinagozagumalijixamumaj.pdf](#)
[71901244984.pdf](#)
[40573571371.pdf](#)
[free house rental agreement form pdf](#)
[ideal and practical voltage and current sources pdf](#)
[grade 11 chemistry textbook answers pdf](#)
[cedulas do brasil claudio amato pdf](#)
[filo moluscos pdf](#)
[english lessons for beginners free download pdf](#)
[greek philosophy thales to aristotle pdf](#)
[philips pd9000/37 manual](#)
[41768783222.pdf](#)
[pukestadut.pdf](#)
[86049292777.pdf](#)
[ganubadavawovomajek.pdf](#)
[dowezavixipaxopogo.pdf](#)