



# Holistic Human Body Systems

## Week 1 - Integumentary System

Date: \_\_\_\_\_

### Part 1: Integumentary System Basics

1. The integumentary system is made up of the skin, \_\_\_\_\_, and \_\_\_\_\_.
2. The skin is the body's largest \_\_\_\_\_.
3. The three main layers of the skin are the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
4. The epidermis is the outer layer of the skin, and it contains different cell types, including \_\_\_\_\_-producing cells that give skin its color.
5. The dermis contains blood vessels, \_\_\_\_\_ endings, hair follicles, and sweat glands.
6. The hypodermis is also called the \_\_\_\_\_ layer and is made mostly of fat for insulation and cushioning.

### Part 2: Keratinized vs. Nonkeratinized Tissue

1. Keratin is a tough, protective \_\_\_\_\_ found in skin, hair, and nails.
2. Keratinized tissue is skin that has a hardened, waterproof outer layer of cells—this is found on the \_\_\_\_\_ and soles of the feet.
3. Nonkeratinized tissue is softer and kept moist—found in the \_\_\_\_\_, esophagus, and reproductive tract.
4. \_\_\_\_\_ tissue generally heals faster because it is kept moist and has more direct blood supply.

### Part 3: How the Skin Communicates

1. Skin problems like acne, dryness, and redness can be signs that something is out of \_\_\_\_\_ inside the body.
2. Inflammation in the skin may indicate \_\_\_\_\_ in the diet or environmental irritants.
3. Acne can sometimes be linked to hormone imbalance, poor digestion, or excess \_\_\_\_\_.
4. Skin rashes or dryness may be a sign of \_\_\_\_\_ or vitamin deficiencies.

### Part 4: Holistic Practices for Skin Health

1. Vitamin A supports skin cell \_\_\_\_\_ and repair.
2. Vitamin C is needed for the production of \_\_\_\_\_, which keeps skin firm.
3. Vitamin E works as an \_\_\_\_\_ to protect the skin from free radical damage.
4. Zinc is important for \_\_\_\_\_ healing and reducing inflammation.
5. Omega-3 fatty acids help reduce redness and keep skin \_\_\_\_\_.
6. One herb that can be used to soothe inflammation and speed healing is \_\_\_\_\_.
7. Burdock root helps clear skin problems from the \_\_\_\_\_ out.
8. Aloe vera can hydrate and soothe burns when applied \_\_\_\_\_.

## Bonus Questions

- Describe one holistic practice you can start doing today to support your skin health:

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- List 3 things you didn't know about your skin that you will now always remember:

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