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Digestion (Our Bodies)

Steve Parker

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Digestion (Our Bodies) Steve Parker
This book explains how the human body takes in food and breaks it down, absorbs the useful parts from it and then gets rid of the wastes. It looks at digestive problems and considers what constitutes a healthy diet, showing how properly balanced nutrition can benefit all the systems of the body. The clear and lively text explains these systems in fascinating and intricate detail. It also highlights the workings of the human body contrasted with the bodies of animals. There are case studies and features on health and medicine. Amazing colour photographs combine with original colour artwork to show the different body parts in detail. Weblinks, with useful website addresses which link to sites with more information about a particular topic, are an added feature throughout the book.

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