

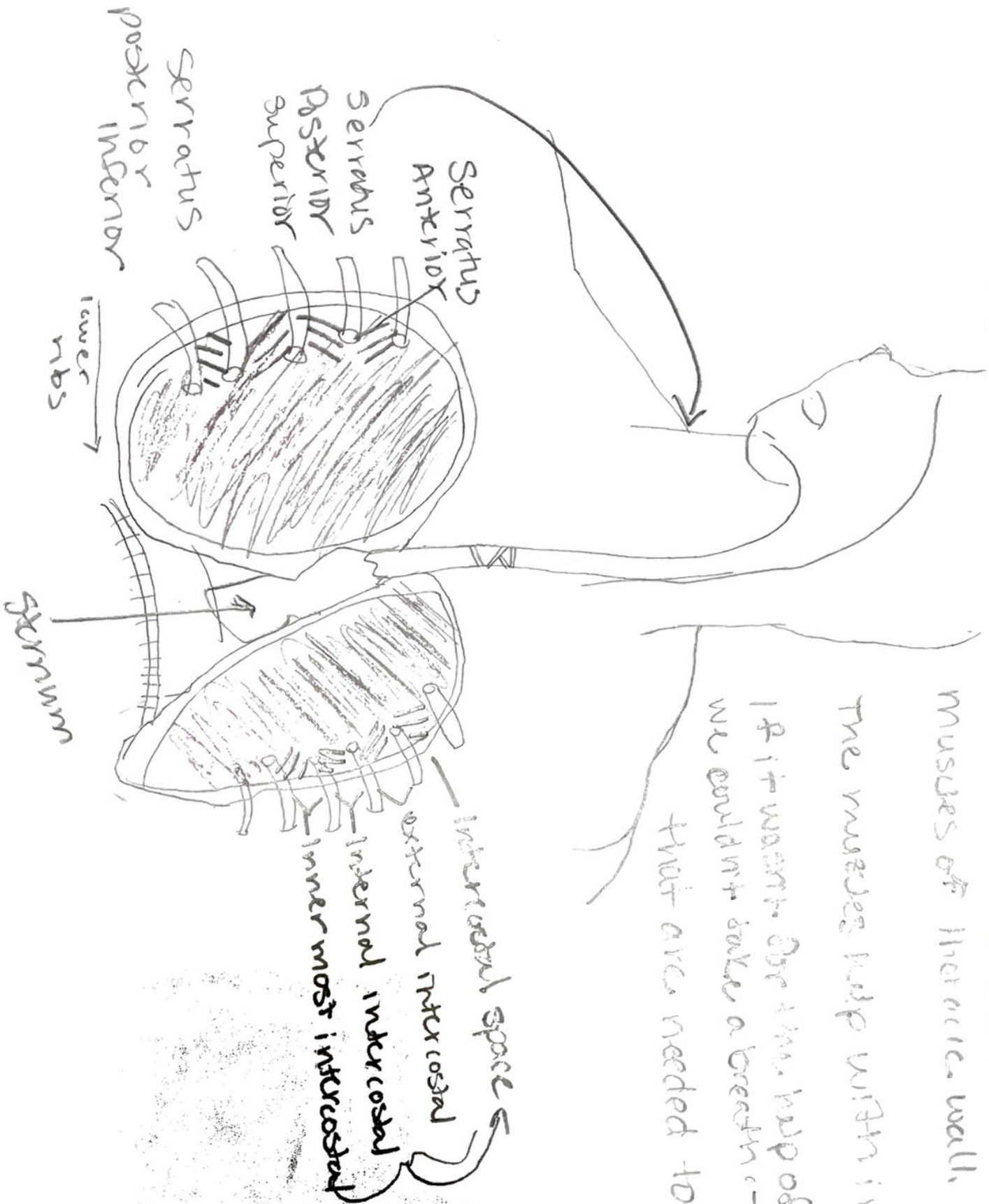
Have you ever wondered why your chest rises when you take a breath?

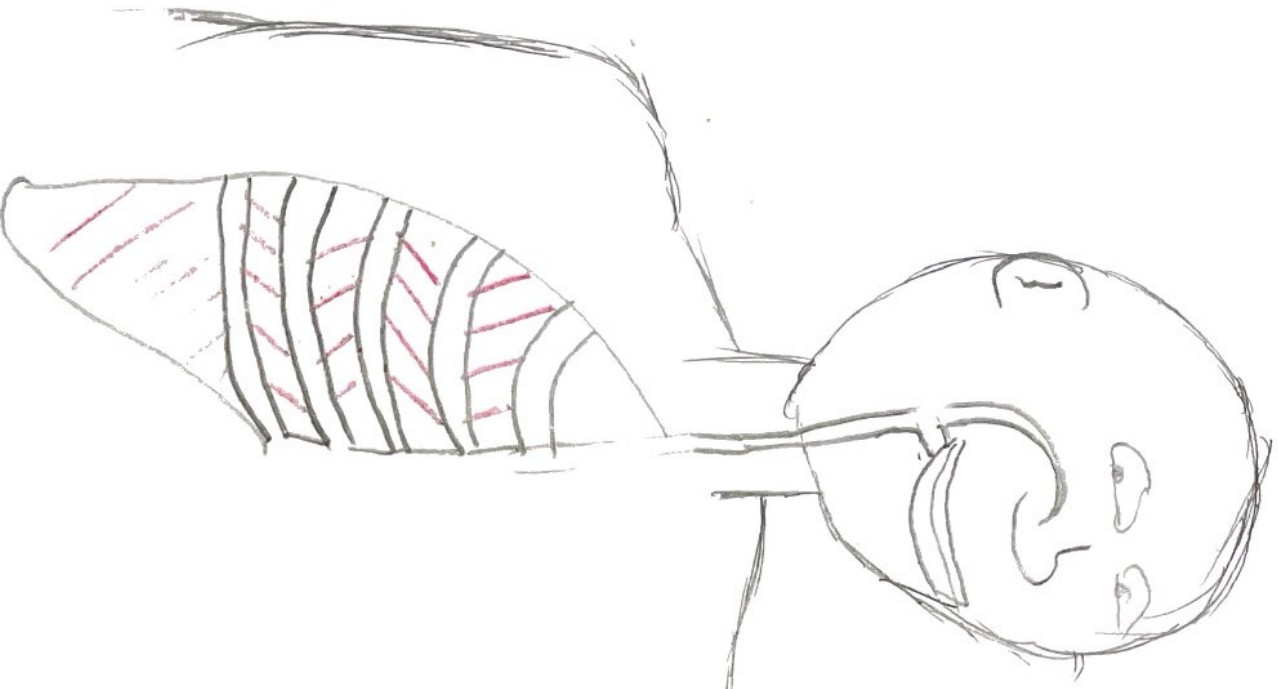
And the reason is...
 Air goes in and when you take your diaphragm rises and oxygen goes in your lungs

The respiratory system extracts oxygen from the air

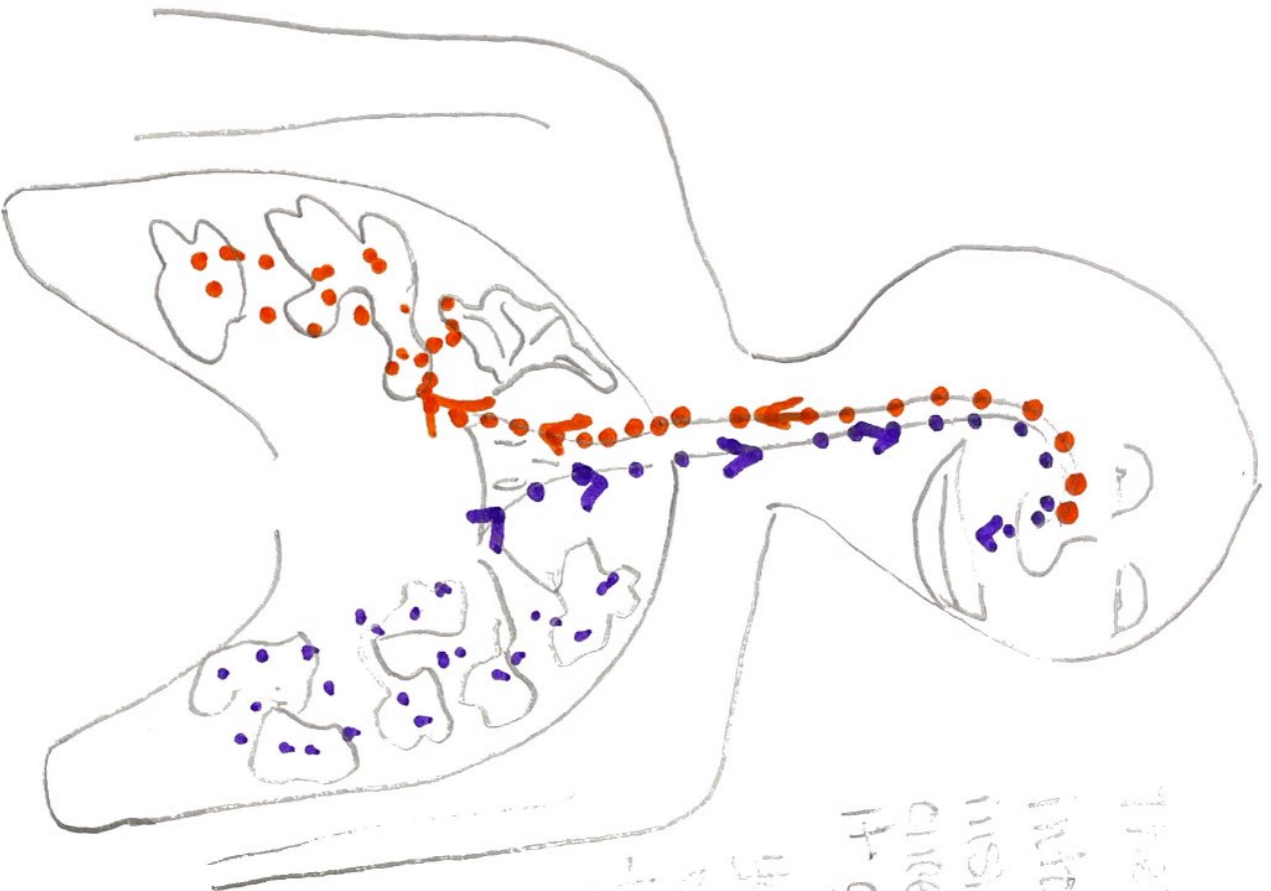
Muscles of thoracic wall.

The muscles help with inspiration
If it wasn't for the help of muscle
we couldn't take a breath. The gases
that are needed to breath.





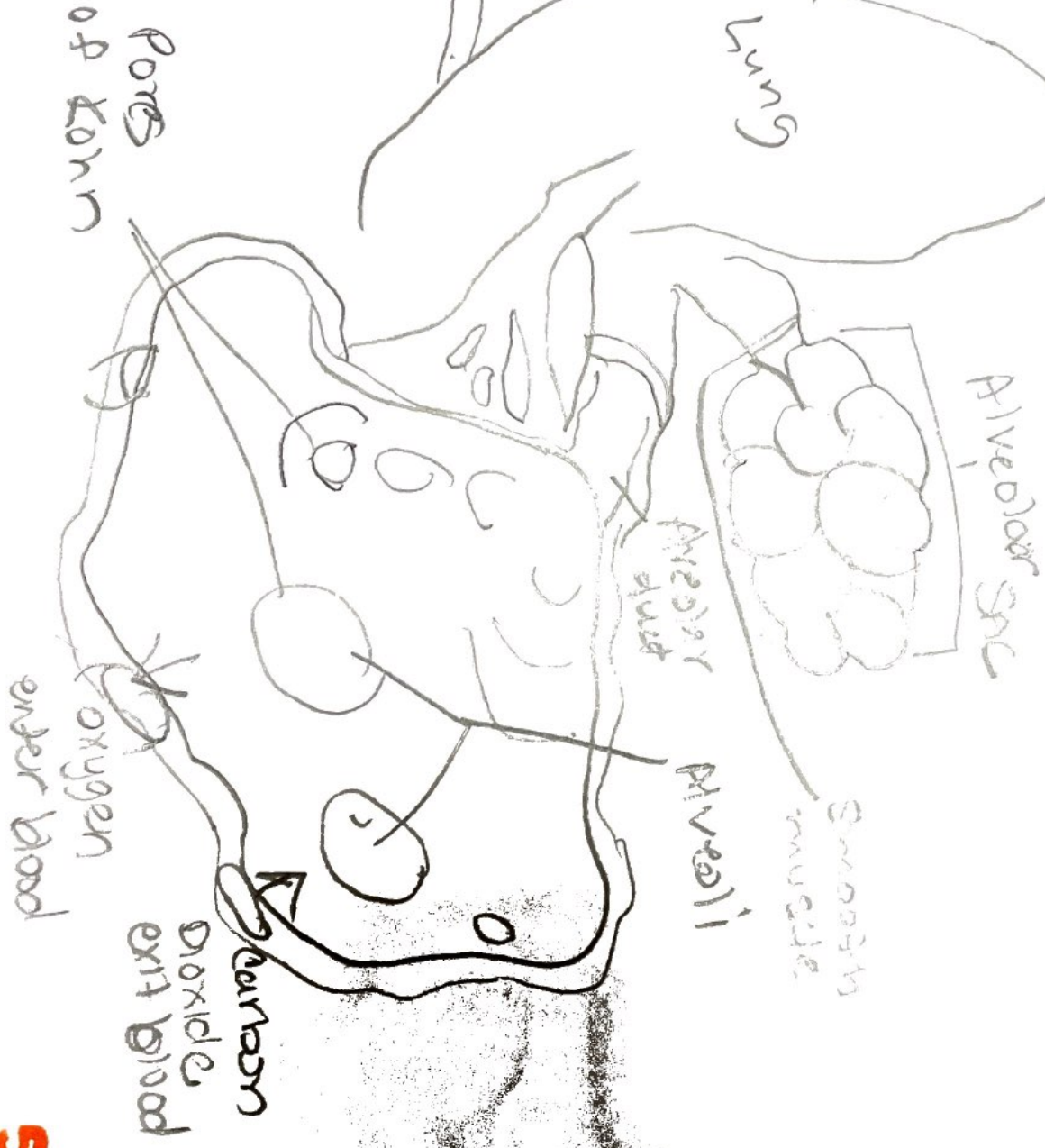
Respiration is an involuntary process. Air enters through your nose and mouth, leaving hairs, which keep dust out of lungs. The air goes through pharynx, larynx, and trachea.



The air that enters the lungs
 through the trachea, the bronchi
 and the lungs, the lungs
 take in oxygen and
 expel carbon dioxide.

The lungs take oxygen
 from the air you breathe
 and expel the carbon
 dioxide your body does
 not need out.

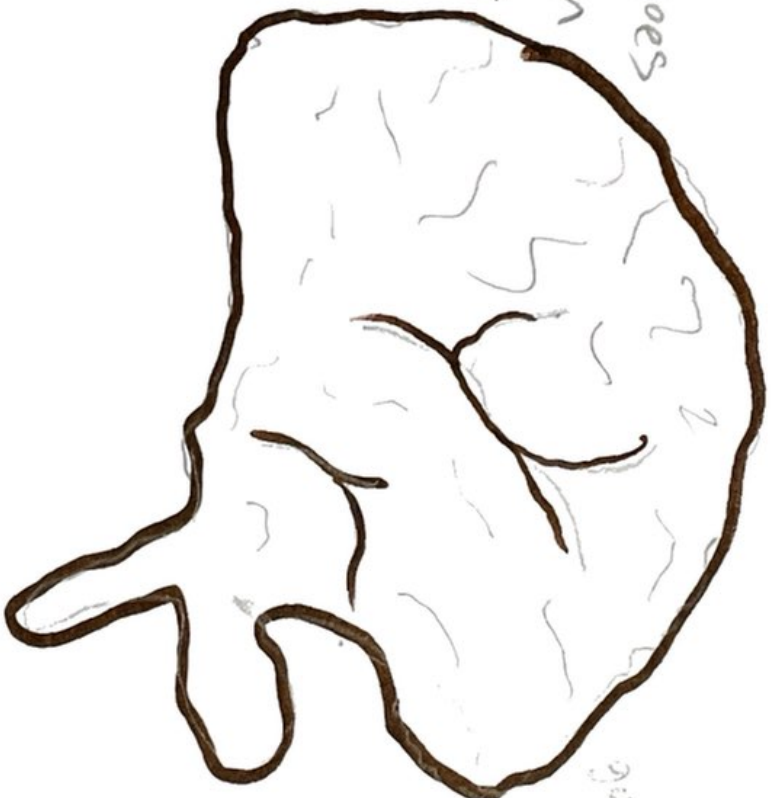
The alveolar sacs take oxygen and send it to the blood and distribute through all organs, cells, and brain in the body



oxygen goes to your brain

What goes into your Brain

- Oxygen
- Carbohydrates
- Amino Acids
- Fats
- Hormones
- Vitamins



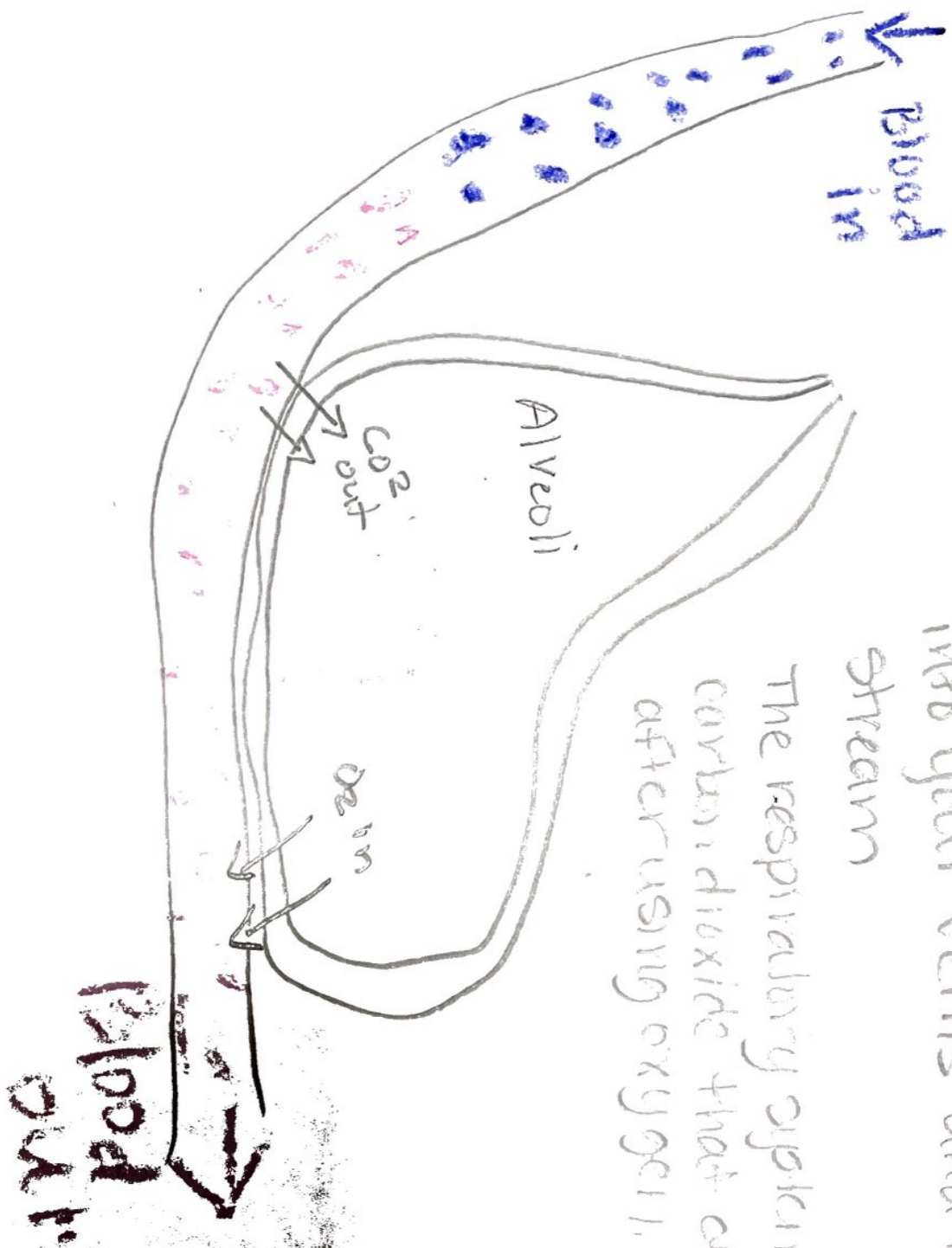
goes out

- Carbon Dioxide
- Urea
- Waste
- Hormones

What comes out of the brain

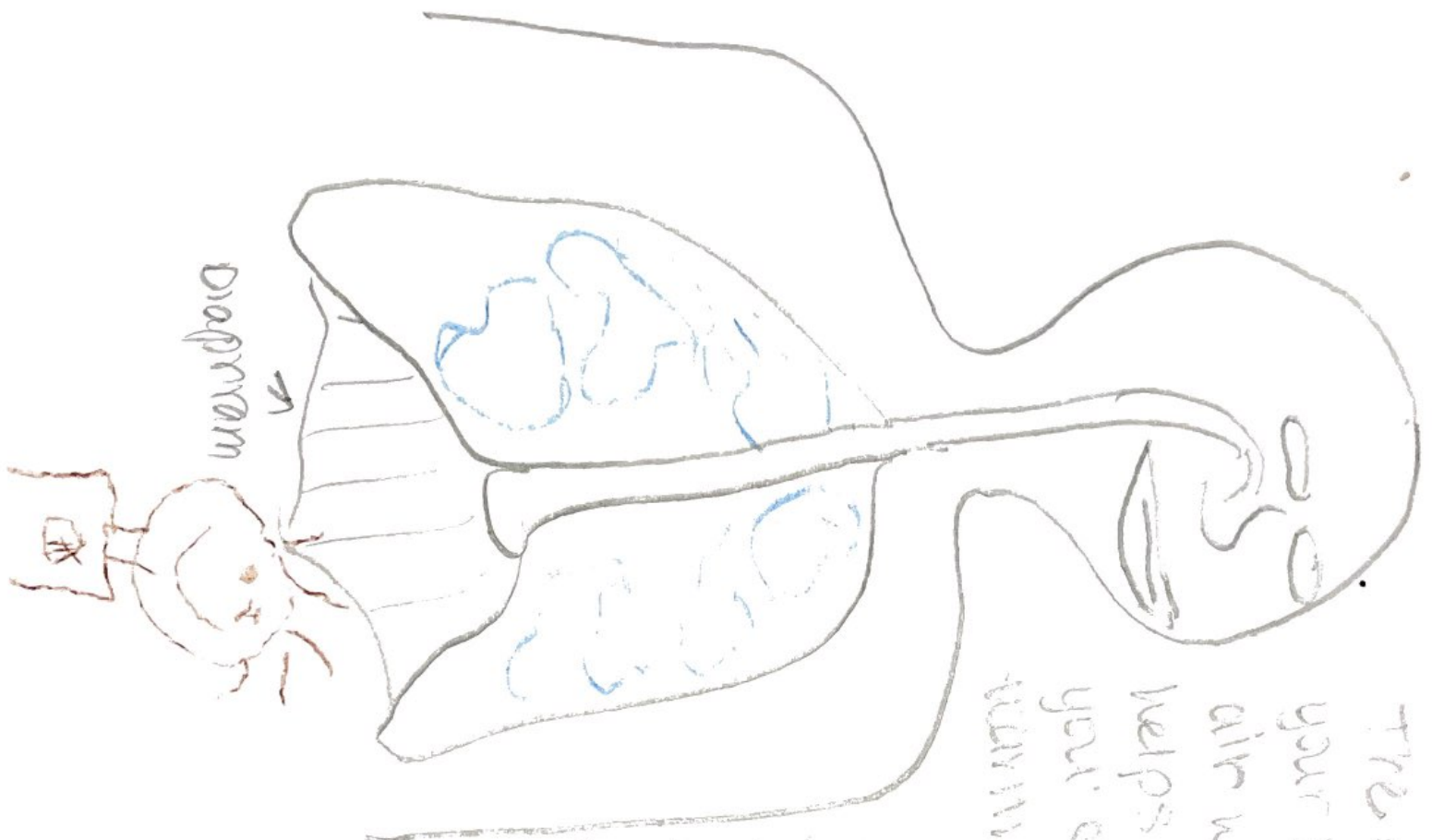






This is how oxygen goes into your veins and into blood stream

The respiratory system eliminates carbon dioxide that cells produce after using oxygen.



The diaphragm located below your lungs help fill lungs with air when you inhale also helps expel the air when you exhale. your diaphragm contracts.

Smoking, pollution, and stress harm your respiratory system. While exercise and clean air is good for your respiratory system.