

## Homeostasis

- The process of maintaining a relatively constant internal physiological environment despite changing external conditions.

### Optimal body conditions for Homeostasis

The body works best when specific body constants are maintained such as:

- body temperature of  $37^{\circ}\text{C}$
- blood pH of 7.4
- blood pressure: 120/80 mmHg
- 0.1% blood sugar

These constants can vary among individuals:

- different metabolic rates of individuals affect body temperature
- different situations or demands on body (eg: exercise)
- blood pressure difference between adults and children

Cells in the human body must maintain a constant environment in order to survive. This is accomplished because interstitial fluid surrounds the cell.

### Interstitial Fluid

- A fluid that surrounds cells of the human body.
- The concentration and pH remains relatively constant in order for cells to remain healthy.

This maintenance of a constant internal environment (homeostasis) is an example of dynamic equilibrium.

## Dynamic Equilibrium

- A state of balance achieved within an environment as the result of internal control mechanisms that continuously oppose outside forces that tend to change that environment.

### Q: How do humans maintain homeostasis?

#### A. Feedback Mechanisms

Humans have two types of feedback mechanisms:

- a. Negative Feedback mechanism
- b. Positive Feedback mechanism

# Human Systems And Homeostasis Holt Macdougall Notes

**RJ Alexander**



## **Human Systems And Homeostasis Holt Macdougal Notes:**

## **Human Systems And Homeostasis Holt Macdougall Notes** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Human Systems And Homeostasis Holt Macdougall Notes**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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