By Dr. Derek Conte

What is the largest organ of our bodies? It is the skin. Sounds funny doesn’t it? You may think, “An organ should perform a very specific and indispensable function, like the heart or the brain”. That is so and your thinking is correct, yet the skin is just as crucial to our survival and health as any organ.

The eleven systems of the body are:
1. skeletal
2. muscular
3. circulatory
4. respiratory
5. nervous
6. digestive
7. integumentary (skin, hair and nails)
8. endocrine (hormones)
9. immune (antibodies, T-cells, B-cells)
10. reproductive
11. urinary