

# Complete And Completely Disgusting Guide To The Human Body

The human body is an extraordinary and intricate machine that performs countless functions on a daily basis. From the moment we are born until the day we die, our bodies work tirelessly to keep us alive and functioning. However, there are also some rather revolting aspects of the human body that may leave you feeling both fascinated and disgusted. In this comprehensive guide, we will take you on a journey through some of the most bizarre and disgusting facts about the human body.

## The Vile World of Bacteria and Germs

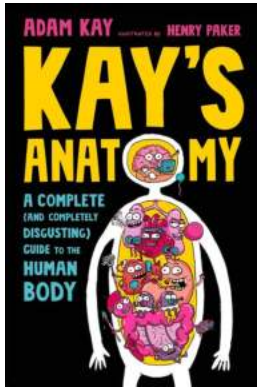
Did you know that there are more bacteria living inside your body than there are cells? It's true! Our bodies are home to trillions of bacteria that reside in our gut, on our skin, and even in our mouths. While not all bacteria are harmful, some can cause infections, diseases, and foul odors. In fact, your mouth is home to over 600 different species of bacteria, making it a perfect breeding ground for bad breath.

But bacteria aren't the only microscopic creatures that call our bodies home. Demodex mites are tiny, eight-legged creatures that live in the hair follicles of our eyebrows and eyelashes. These mites crawl out of our follicles at night to mate and feed on the oils produced by our skin. So, the next time you're lying in bed, think about the fact that you have hundreds of mites crawling on your face!

## Kay's Anatomy: A Complete (and Completely Disgusting) Guide to the Human Body

by Adam Kay (Kindle Edition)

★★★★★ 4.8 out of 5



Language : English  
File size : 6348 KB  
Text-to-Speech: Enabled  
Print length : 416 pages



## Unpleasant Excretions and Secretions

From earwax and sweat to saliva and urine, our bodies produce a variety of excretions and secretions that can be quite disgusting. Take earwax, for example. This waxy substance is made up of dead skin cells, hair, and secretions from the glands in our ear canal. While it may not be the most pleasant thing to think about, earwax plays an important role in keeping our ears clean and protected.

And let's not forget about mucus. This slimy substance is produced by the lining of our respiratory system and serves as a defense mechanism against dust, pollutants, and other harmful particles. Mucus plays a vital role in keeping our lungs clean and free from infections. So, the next time you blow your nose, remember to appreciate the important role that mucus plays in keeping you healthy.

## Weird and Disgusting Body Facts

While bacteria and secretions are certainly disturbing, there are many other revolting aspects of the human body that will leave you in awe. For instance, did you know that your body sheds around 30,000 to 40,000 dead skin cells every minute? That's right, you're constantly shedding old skin and growing new layers.

Another mind-boggling fact is that our bodies contain enough iron to make a three-inch-long nail. Iron is an essential mineral that helps transport oxygen through our bloodstream, but it's still hard to fathom that we have enough iron to create a tiny nail inside us.

Furthermore, during an average human lifespan, the heart will pump enough blood to fill approximately 200 train tank cars. That's a lot of blood! The heart works tirelessly day in and day out to keep the blood flowing throughout our bodies, ensuring that every cell gets the oxygen and nutrients it needs to function.

## **Appreciating the Wonders of the Human Body**

While the human body can be downright disgusting at times, it is important to also appreciate its remarkable capabilities and intricacies. From the way our muscles allow us to move to the complex workings of our brain, our bodies are truly miracles of nature.

So, the next time you cringe at the thought of bacteria living in your mouth or mites crawling on your face, take a moment to marvel at how incredible your body is. Despite all the gross and unpleasant things it does, it keeps you alive, healthy, and functioning.

Remember, the human body is not just disgusting, but it's also an awe-inspiring machine that deserves our admiration.

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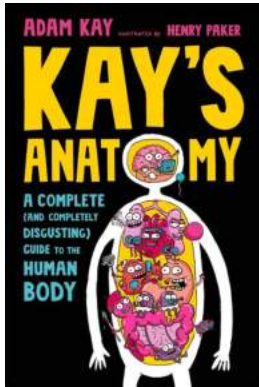
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This complete (and completely gross) guide to the human body is the hilarious debut nonfiction children's book from world-wide multi-million bestselling author and former doctor Adam Kay!

Do you ever think about your body and how it works? Like really, really think about it? The human body is extraordinary and fascinating and, well...pretty weird. Yours is weird, mine is weird, your math teacher's is even weirder.

This book is going to tell you what's actually going on in there, and answer the really important questions, like:

- Are boogers safe to eat? Look, if your nose is going to all that effort of creating a snack, the least we can do is check out its nutritional value. (Yes, they're safe. Chew away!)
- And how much of your life will you spend on the toilet? About a year—so bring a good book. (I recommend this one.)

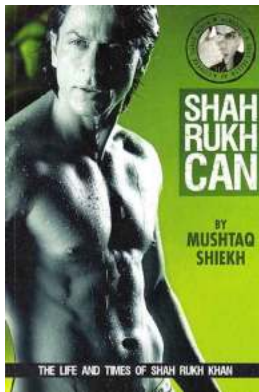
Sit back, relax, put on some rubber gloves, and let a doctor take you on (slightly repulsive) tour of your insides. Welcome to Kay's Anatomy\*.

\*A fancy word for your body. See, you're learning already.



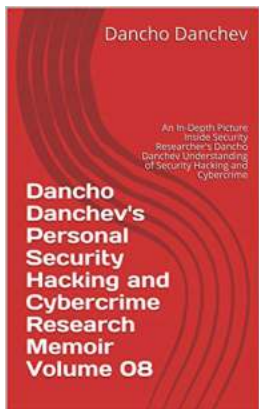
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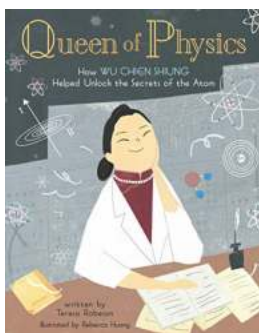
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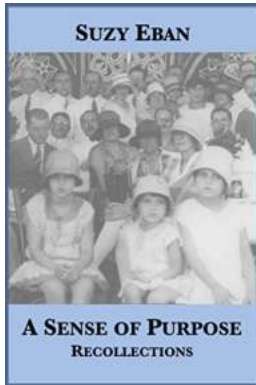
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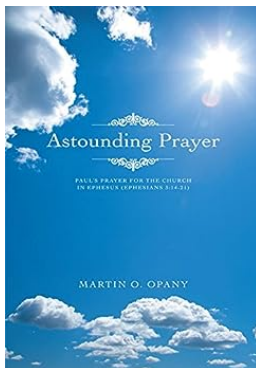
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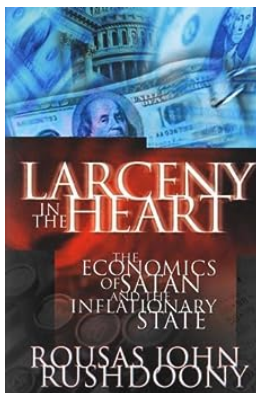
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