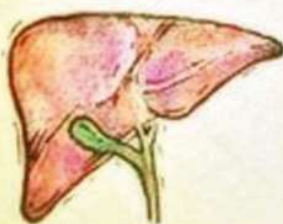
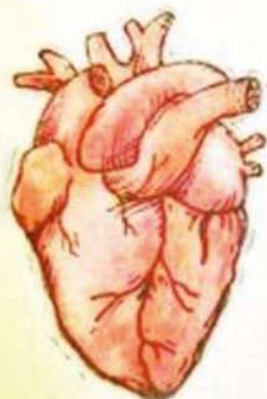
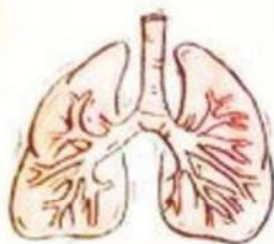
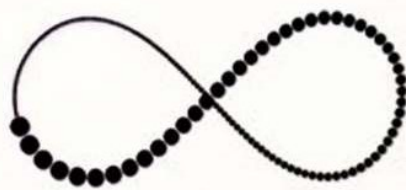


*Zsófia Szabó*



**My organisation**

*Zsófia Szabó*

# My Organisation

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**A magyar könyv is  
magyar termék**  
**mozgalom**

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## Foreword

Around 2010, I started to expand my writing, encouraged by the advice of my dearest friend (through my herbalist and medicinal plant specialist training). One spring day, she gave me a reading and predicted my future. Among other things, she saw self-employment in my future. Up until then, I had always worked in office jobs, being part of a team, but with a certain level of independence. However, the idea of being my own boss seemed unimaginable at that time. Together, we came up with the idea of what kind of work, close to my heart, I could do on my own and truly enjoy! My dear friend Niki mentioned my first work.

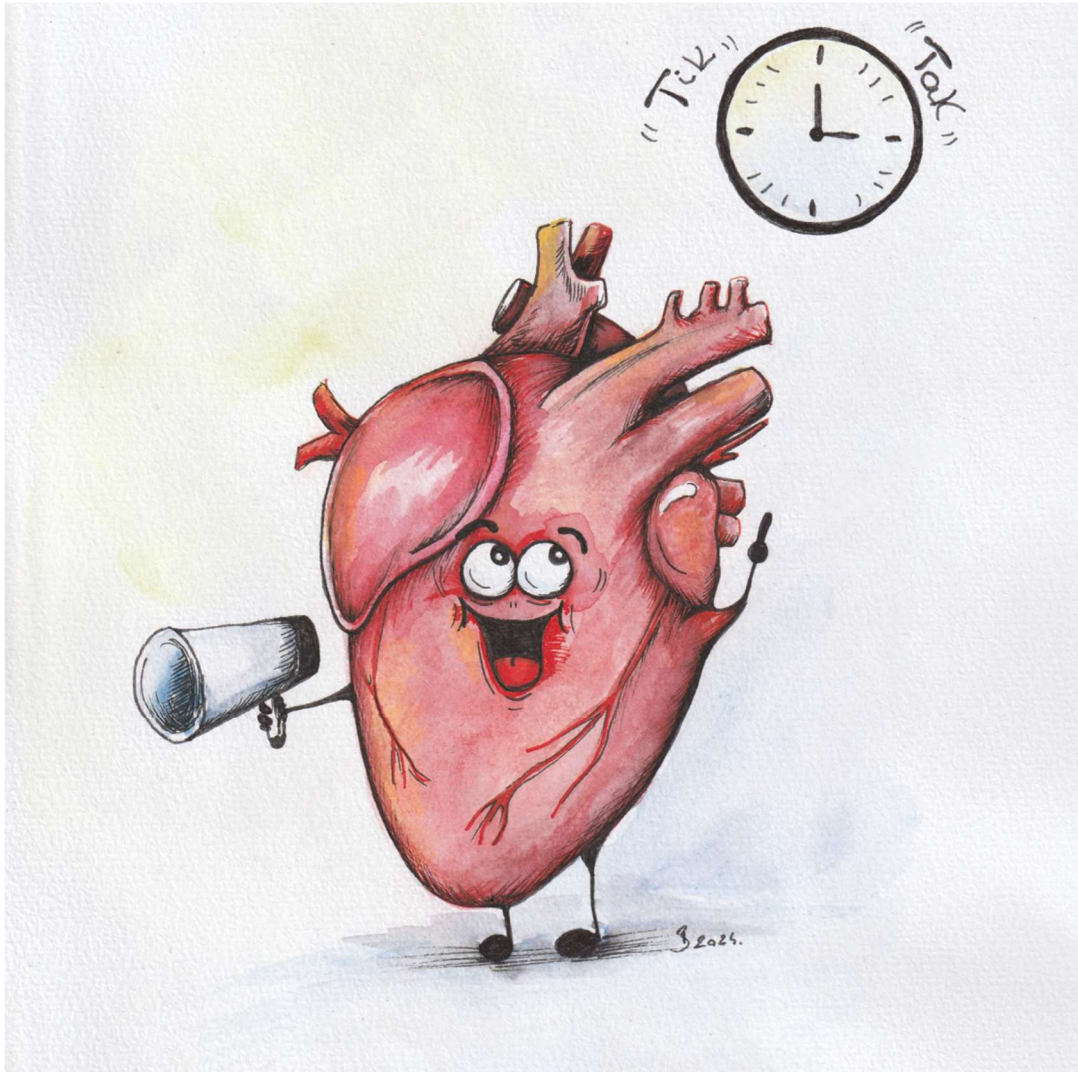
This work was inspired by a romantic relationship I was involved in at the time. I wrote a small book, illustrated with pictures, to celebrate the anniversary of that relationship. It was about how we met. Everyone appreciated it so much that, during the reading, my friend suggested: 'Why don't you write more?' she said. That's when I remembered an old dream of mine: to write a children's short story about human anatomy. And now, you honour me by reading the lines I wrote with great excitement!

So, dear reader, my goal with this little book is to spark interest—both in parents and children—in the anatomical wonders of our bodies. That's why I started writing a story about the true workings of our body's organs, presented as a series of small tales in the form of a storybook. This idea emerged from my long-standing fascination with the human body's perfection. With this story, I want to make children aware of and interested in our biological structure. While writing the book, it was important to me that I capture this interest in a playful, story-like manner. For me it is essential that children learn from an early age what goes on inside their bodies. They shouldn't be blindly guided by fragmented information or misled as adults later on.

I chose the storybook format because, based on my own experience, I know that children retain information more easily this way. And, last but not least, a child's imagination will flourish, not fade, while reading each chapter.

---

## The Heart



Good evening! How quickly the day has passed! Please open the window and let in some fresh air, so you can take a deep breath. Oh, I almost forgot to introduce myself: my name is Cor. I'm the heart. I'm speaking to you out of love because I want to tell you all about yourself, more precisely, about my little home inside you. You see, I live there, and I'm the caretaker and handyman. You can think of me as a compass that helps you find where all my companions reside.

Oh, they're great neighbors—magically cooperative and incredibly creative. We laugh a lot, especially the appendix, who laughs the most. If you place your hand on the left side of your chest, where your ribs bulge, you'll feel me. It's simple: right where you feel my heartbeat.

Tell me, what does my beating remind you of? Let me help: you often see it on walls or on people's wrists. Yes, that's right—like the tick-tock of a clock. Ooooh, I'm always working, day and night, but that's how I keep the world running smoothly. My muscles are special, working your entire life—they are called striated and smooth muscles. I contract about 72 times a minute. I am central to your body, as well as the heart of your circulatory system. With each contraction, I make sure blood flows constantly through both the large and small circulatory systems, pushing it all the way to your toes.

Unlike you, I don't have hands or feet. My "limbs" are the blood vessels, like the coronary arteries, which nourish me. They branch off from the main artery, the aorta. These vessels give me stability, or rather, they keep me in place so I don't fall. And where exactly am I located?

I'm nestled between your lungs, on the left side of your chest. That's why I asked you to open a window—fresh air helps me too. I'm about the size of your fist. As you grow, I grow too, always matching the size of your fist. If you take a look at me, you'll see I'm divided into two sections. At the top, I have two atria, and at the bottom, two ventricles. The walls of the ventricles are thicker, while the atria's walls are thinner. My walls have three layers: the outer layer is called the pericardium, and in the middle is the heart muscle, which is thick enough to protect me. My strongest part is the left ventricle, which does most of the hard work. Inside, I'm lined with the endocardium, which is thinner in the ventricles, and this is what forms my heart valves. Inside, I'm like a small hollow cave, and a septum divides my chambers into right and left sides.

Let me tell you more about my atria and ventricles, which are separated by my heart valves. The atria receive blood from the large veins that flow into me, and the valves then direct the blood into the ventricles. The ventricles are like engines that drive blood circulation. From the right ventricle, blood flows through the pulmonary artery in the small circulatory system, while from the left ventricle, the blood travels through the aorta in the large circulatory system. The right side of my heart carries venous blood (rich in carbon dioxide), and the left side carries arterial blood (rich in oxygen). It's called arterial because it carries blood away from me, not toward me.

Now, let me tell you a bit about my heart valves. They're very important because they only allow blood to flow in one direction. Imagine how much extra work it would be if I had to constantly push against unruly blood flow! I wouldn't be able to keep up! I've heard of a heart that didn't get a valve, and it made things very difficult. These valves have different names, like mitral valves and semilunar valves.



I have so much to tell you, and I'm very excited! Of course, I started with myself, but that's okay, because I play a pretty important role in your life. You could say I'm the most important part. I'm a bit complicated, but I want to explain everything so you can understand. The BLOOD I pump flows into every little corner of your body, carrying oxygen from your lungs. But I won't rush ahead—I promise to explain everything step by step. So, what makes me beat? It's an incredible system called the cardiac conduction system, made up of muscle fibers that generate and conduct electrical impulses. It's closely connected to your central nervous system. My key parts are the atrioventricular node, the atrioventricular bundle, and the primary pacemaker, the sinoatrial node, which sets the rhythm of my contractions. I beat around 60-80 times a minute, and I'm capable of pumping as much as 7 liters of blood per minute. To help you picture it: imagine seven large, one-liter bottles of water—that's how much blood I can pump!

Scientists—those curious and very clever people who study the heart—have found that people with higher blood flow through their hearts tend to have larger, healthier brains. There seems to be a connection between my health and brain health. What's even more interesting is that mine and the brain's functioning are linked, even if I'm not affected by any illness. It's a relationship that wasn't known before.

It's also important to know that if you eat too many sweets or fatty foods, all that excess can build up on the walls of your blood vessels. This makes them less elastic, and as a result, my heart rate increases because stiff blood vessels are harder to work with. And if you keep eating too much or snacking all the time, causing weight gain, I'll have to work even harder to pump blood, because I'll need to produce more pressure.

So, how can you help me do my job well? You wouldn't believe how much you can improve my health with good food, a positive mood, and regular exercise (and when you're older, by doing things like alternating hot and cold baths, meditation, or getting deep sleep). There's one more thing: every night, before you go to bed, if you take a moment to be thankful for everything your body has done that day, you'll send a golden, rainbow-like stardust to all of us. It feels like when you get a compliment, earn a reward, or make someone smile. Every single cell, platelet, and tiny blood vessel feels it—and I feel it too! It motivates us to do an even better job.

So, what healthy snack do you feel like having? How about some SEAFOOD, lots of fruits and vegetables, whole grains, seeds like pumpkin and sunflower seeds, nuts like pistachios, hazelnuts, walnuts, just a few cashews, GARLIC, HAWTHORN, WILD GARLIC, low-fat cheese, blueberries, grapes, beets, and buckwheat.

That's enough about me for now. Next, I thought I'd introduce you to my companions, starting from the top of your head, with your hair follicles, and we'll go on from there. Each evening, you'll get to know one of your organs or one of its building blocks!

Now, let's begin! You can hear me everywhere, so I'll just call out to one of your hair follicles and see if any are available to answer a few questions. Let's see if one will respond!

---

## **The Hair**

**-Hair follicles, hair follicles, do any of you have time to answer a few of my questions?**

-We can all hear you, but some of us are currently regenerating. I'll find a friend for you who has some free time, as I'm also busy.

-Pilus, come over here!

-I'm here! I hear you. How can I help?

**-I just have a few questions for you. You'll enjoy it. Can you tell me a bit about yourself? Where exactly do you live?**

-On the head. On the human head, and we're collectively known as hair. Our primary job is to protect the skull. We also play a role in human appearance, often referred to as the crown of hair, and are considered a form of adornment.

**-Is your appearance unique, Pilus?**

-Of course, we inherit it from our parents. But like all of us, we are influenced by the environment. The weather affects us—whether it's summer or winter—and if our host is sad or stressed, that can lead to some of us thinning out. I should also mention the nutrients, vitamins, and minerals we receive, which also play a part.

**-What are you made of?**

-We're mostly made up of keratin and water. We have three layers surrounding us: the outer cuticle, the middle cortex, and the inner medulla.

**-Tell me more about that!**

-The outer cuticle consists of tiny scales that overlap like roof tiles, and it's coated with the natural oils produced by the sebaceous glands. This is what gives us our shine. When my owner gets compliments on their shiny hair, it's actually a compliment to the sebaceous