

THE THIRTEEN BODY RIVERS

1. CARDIOVASCULAR SYSTEM

Circulates oxygen to each and every cell by the pumping of the heart and the flow of blood through arteries and veins

2. LYMPHATIC SYSTEM

Assists the veins in draining fluid back to the heart as well as carrying away waste products

3. RESPIRATORY SYSTEM

Allows for the exchange of oxygen into the lungs and removal of carbon dioxide back to the atmosphere

4. DIGESTIVE SYSTEM

This system takes food from the outside and converts it to usable fuel while eliminating waste products from the body

5. URINARY SYSTEM

Elimination of water and fluid waste components from the body

6. REPRODUCTIVE SYSTEM

Consists of organs and glands to enable the species to reproduce itself

7. INTEGUMENT SYSTEM

Layers of skin to provide protection from elements in the external world

8. ENDOCRINE SYSTEM

Provides needed stimulation to corresponding glands to function efficiently

9. NERVOUS SYSTEM

Vast system of nerve branches that begin in the brain and lead to pathways ending at organs and muscles

10. SKELETAL MUSCULAR SYSTEM

An extensive network of cables and pulleys that pull on bones. The health of the bones is determined by the flow of nutrients and the removal of waste products by means of the soft tissue that surrounds the bones.

11. CRANIAL SACRAL SYSTEM****

This fluid system begins in the brain and encircles the entire spinal cord. Cranial sacral fluid pulses out the center of the brain and flows to the far reaches of the tailbone where it recirculates back to the brain. This system is accepted by Western medicine but is poorly understood under the Western medical model.

12. BODY ELECTRIC SYSTEM****

This is a system of energetic pathways that works through the fascia network. This network transports bioelectrical energy to each cell. Not formally recognized by the Western Medical Community. (See Dr. Robert O. Becker, M.D., *The Body Electric*, or James L. Oschman, *Energy Medicine*.)

13. EMOTIONAL SYSTEM****

Emotions flow through the body like rivers of water. Emotions are forms of energy designed to shake us, stir us, and, like a faucet, flow out of us. While their existence is acknowledged by Western Medicine this body system is poorly understood, and, has almost no value.

Jon Burras 2005