

# Download Blood Physiology And Circulation The Human Body

The circulatory system, also called the cardiovascular system or the vascular system, is an organ system that permits blood to circulate and transport nutrients (such as amino acids and electrolytes), oxygen, carbon dioxide, hormones, and blood cells to and from the cells in the body to provide nourishment and help in fighting diseases, stabilize temperature and pH, and maintain homeostasis. Blood accounts for 7% of the human body weight, with an average density around  $1060 \text{ kg/m}^3$ , very close to pure water's density of  $1000 \text{ kg/m}^3$ . The average adult has a blood volume of roughly 5 litres (11 US pt), which is composed of plasma and several kinds of cells. These blood cells (which are also called corpuscles or "formed elements") consist of erythrocytes (red blood cells, RBCs ...

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Having good blood circulation is essential to staying healthy. Improving your blood circulation helps your blood flow to all your vital organs, supplying them with needed oxygen and nutrients. You may need to improve your blood circulation if you frequently have cold feet and toes, swelling in your ...