

The background of the entire page is a light-colored wooden surface. Scattered across this surface are several anatomical models of human organs. In the top left, there is a red model of a heart. Below it, to the left, is a pair of pinkish-orange lungs. To the right of the lungs is a coiled, pinkish-orange model of the small intestine. At the bottom center, there is a model of two red kidneys connected by a blue network of blood vessels. Several light-colored wooden blocks are also scattered around the organs.

The Body's Blueprint: Understanding Organ Function



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Written by: Jayne Hansen, BS

THE BODY'S BLUEPRINT

When thinking of blueprints, you might imagine architectural drawings—precise plans that guide the construction of buildings. But within the human body, there exists a living, breathing blueprint that governs every function, interaction, and survival mechanism: organs.

Organs are dynamic systems that embody the design principles of life itself. They not only carry out essential tasks, but organs also shape the form, functionality, and identity of each body.

Just like a blueprint outlines where every wall, pipe, and wire should go in a building, organs define how the body functions. Each organ has a specialized role, and together they form bodily systems—the circulatory, respiratory, digestive, and nervous systems—that coordinate to sustain life. Pretty incredible, right?



- The **heart** acts as a pump, sending blood loaded with oxygen and nutrients throughout the body.
- The **lungs** manage the crucial exchange of gases, breathing life into cells.
- The **liver** detoxifies, metabolizes, and stores vital nutrients.
- The **brain**, perhaps the most complex organ, orchestrates everything from thought to movement to memory.

Organs are not just parts, their design and function guides how the body grows, heals, and adapts. Organ health is vital to overall, comprehensive health and wellness.



BLUEPRINTS THAT BUILD THEMSELVES

What makes organs truly remarkable is that they don't just follow a blueprint—they **are** the blueprint. During fetal development, a single fertilized cell divides and differentiates into complex organ systems. This self-organizing process is encoded into the DNA, but it's the organs that carry out the plan, adapt it, and even repair it when necessary.

One of the most amazing aspects of organs is their capacity to adapt and heal. Stem cells, for example, can become different types of tissue, allowing organs to regenerate. The **liver** can regrow after partial removal, and **skin** continually repairs itself. This capacity for renewal reinforces the idea of organs as living blueprints—flexible, intelligent, and self-sustaining ([Lancaster & Knoblich, 2014](#)).

ORGANS SHAPE IDENTITY

Beyond function, organs help define who we are. The **brain** houses consciousness and personality. The **skin**—the body's largest organ—shapes the body's appearance and acts as the frontline defense against the environment.

Even internal organs, like the **endocrine glands**, regulate hormones that influence mood, behavior, and development.

WORKING TOGETHER

Each fingerprint, voice, and even emotional response can be traced back to how each organ is wired. This individual blueprint makes everyone unique.

No organ works in isolation. Like a team, organs communicate constantly. The **kidneys** regulate blood pressure, which affects the **heart**. The **stomach** breaks down food, sending signals to the **brain** when it's full. The immune system, made of several organs, scans for threats throughout the entire body.

This interdependence is like a building in which, if one support beam is damaged, the entire structure can be compromised. Yet, the body's blueprint includes all the necessary feedback loops to maintain balance, it's simply a matter of tuning in and being mindful of what the body is communicating.





TRUST YOUR GUT

The organs are the powerhouses that keep the body alive. When health is neglected, organ function can decline. That's why annual physicals matter! Building an ongoing relationship with your primary care provider is key to understanding and supporting the body's needs. If something feels off in your body and your gut is telling you to get it checked out — listen. That feeling is there for a reason.

Trusting the gut is the practice of noticing the connection between the body and mind — and honoring what the body is communicating. This kind of awareness takes practice, but it starts with something simple: slowing down and tuning in.

TRUSTING YOUR GUT... IN ACTION!

So how can you strengthen this skill? Start by muting the background noise. Create moments of stillness where you can focus inward. Ask yourself, *"What does my body need to feel it's best?"* Then pause and listen. Maybe your body is asking for more sleep, a break, movement, or professional support for a lingering health issue.

Between the fast pace of life, constant messages from the media, and cultural norms around pushing through discomfort, it's easy to miss the



signals the body sends. Often, people can let their nervous system stay stuck in high-alert mode, ignoring cues that something needs attention.

For example, when dining out with family or friends and portion sizes are predetermined, it's easy to sit down, start eating, and before you realize it, overlook every signal of fullness the body provides.

Relearning and implementing this skill allows the mind and body connection to become stronger creating a sense of trust and respect within the body, making the act of 'trusting your gut' a natural and easier response.

Like any relationship, trust with your body grows over time through respect, consistency, and following through. The more you listen and respond with care, the stronger your internal guidance becomes.



Bodily check-ins are a great way to strengthen trust within our bodies. Here are some questions to ask yourself to understand what you need:

- What does my body need to feel it's best?
- Am I holding onto any tension in my body?
- How is my body reacting to stress?
- What does my body need in this moment?
- What activities will help my body?
- Am I hungry, tired, or thirsty?

PERSONAL STORY

Meet my dad, Paul. He is one in a million. My Dad owned his own stone mason business and worked hard all his life, so finding time to go to the doctor wasn't always a priority for him. 5 years ago, he was experiencing pain in his body so he went in to be seen. The doctor treated him for what he was seen for, but decided to do an MRI. With the results from the MRI, the doctor told my dad he had nonalcoholic fatty liver disease - a disease found in 25% of American adults, making it the most common chronic liver condition in the U.S. ([National Institutes of Health, 2025](#)). Because my dad trusted his gut, the doctor was able to find out the root cause.

History could have repeated itself and the generational health of family could have happened to my dad, resulting in lower quality of life or a higher chance of heart disease. I am really grateful he listened to his body and was seen. He has added years onto his life - he is happier, healthier, and has found a deep love for riding his bike. I am so proud of him for making lifelong changes and sustaining habits that will keep his organs functioning properly!

