

# Liquid Hook-Up: The Vast Ocean of Pleasure Inside Us

Piermario Clara

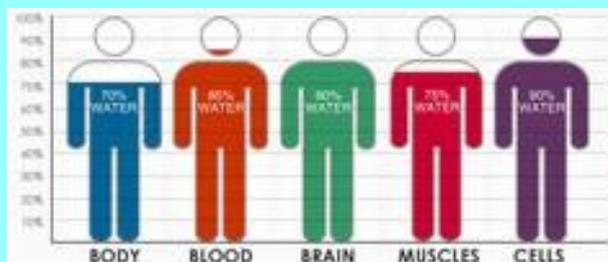
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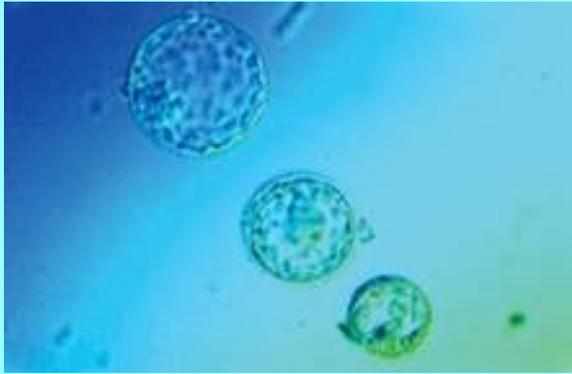
All cells in our bodies float in an inner ocean. As in the canals of Venice and Amsterdam, our bodies contain channels that convey fuel, building materials, mail, garbage, maintenance crews, and defense forces.

During Mentastics and Trager sessions, usually we pay attention more to the “solid mobility” (bones, joints, muscles, fascia, nervous reflexes...).

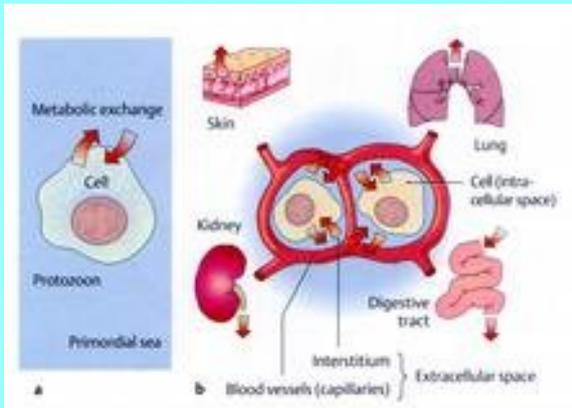
A good part of benefits come also from the movement of the internal liquids - the “liquid mobility” - that is very much facilitated in the body of the clients and in our own as well.



Percentages of water in human body



Single cells floating in liquid in vitro

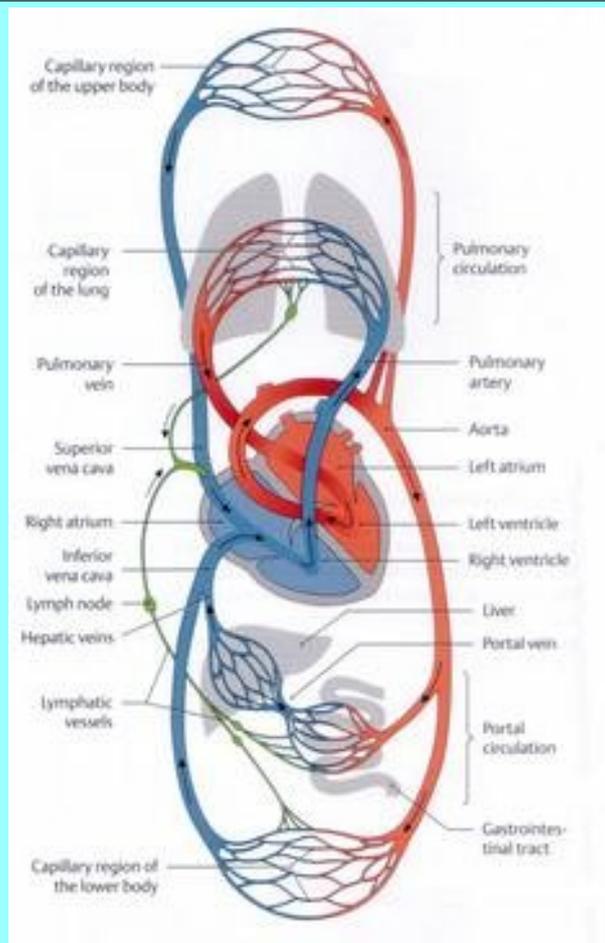


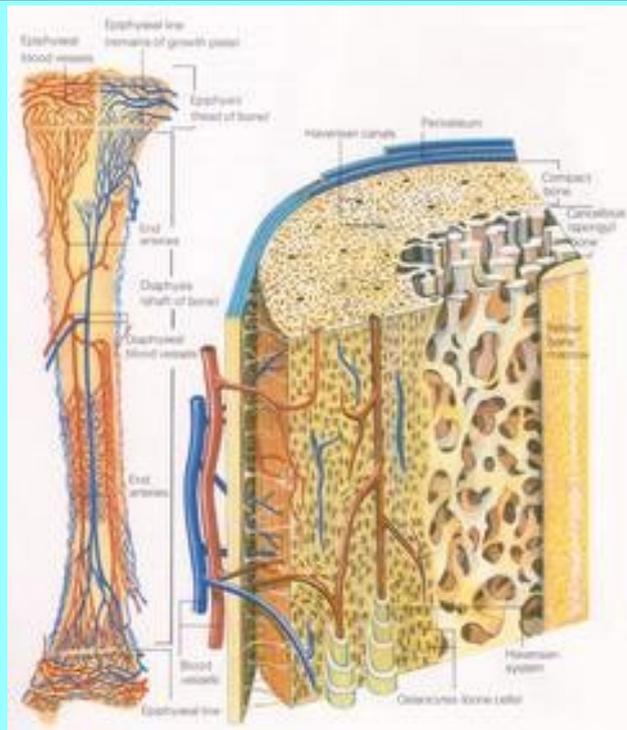
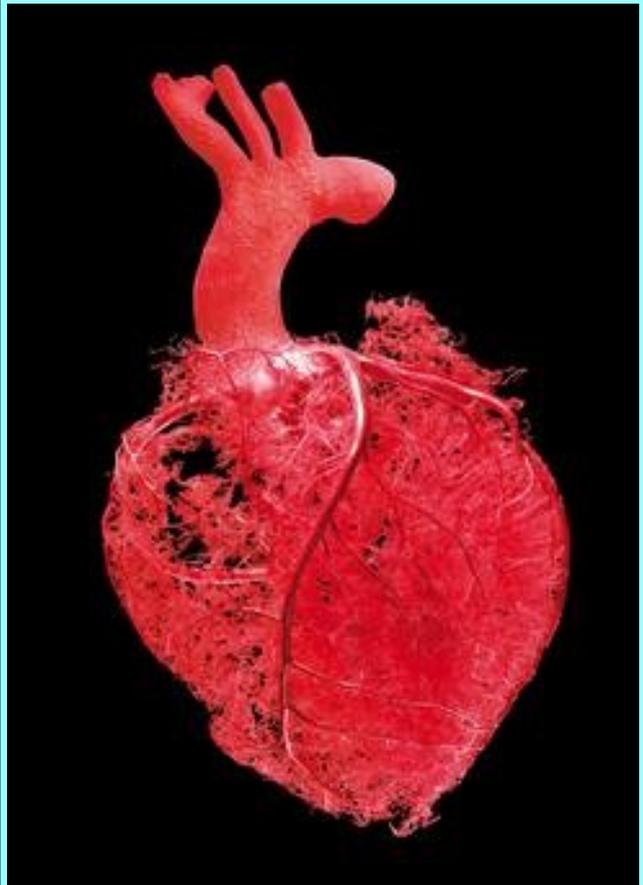
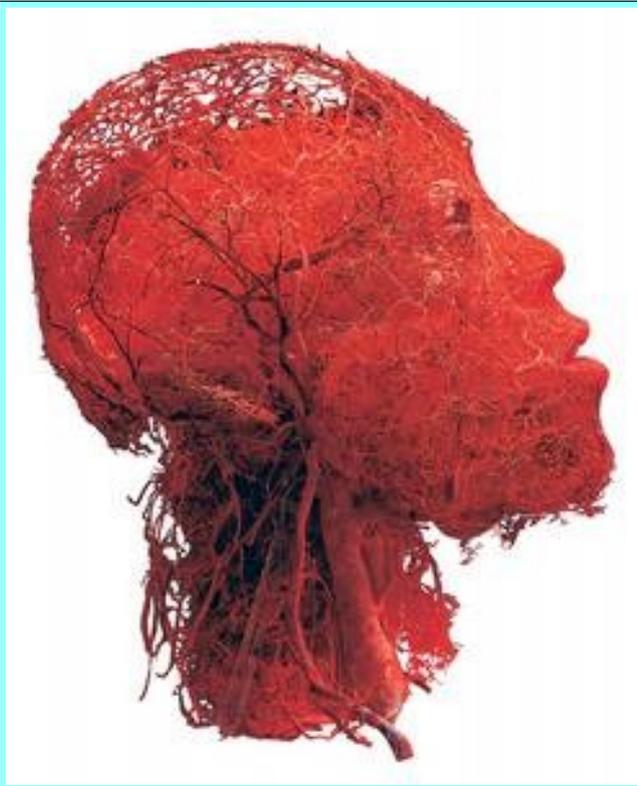
Cells and exchanges with capillary vessels through interstitial liquid



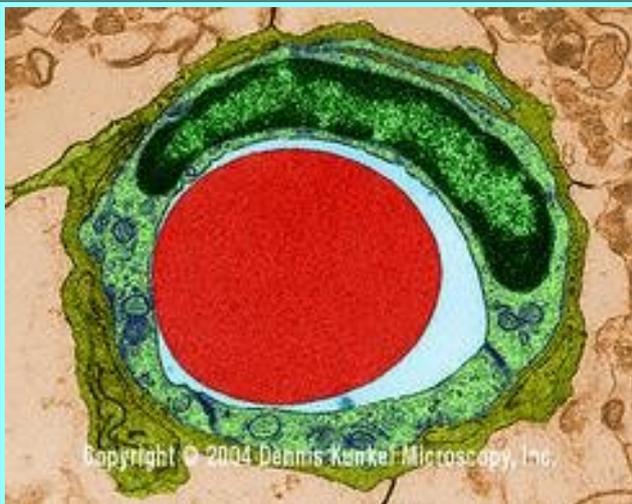
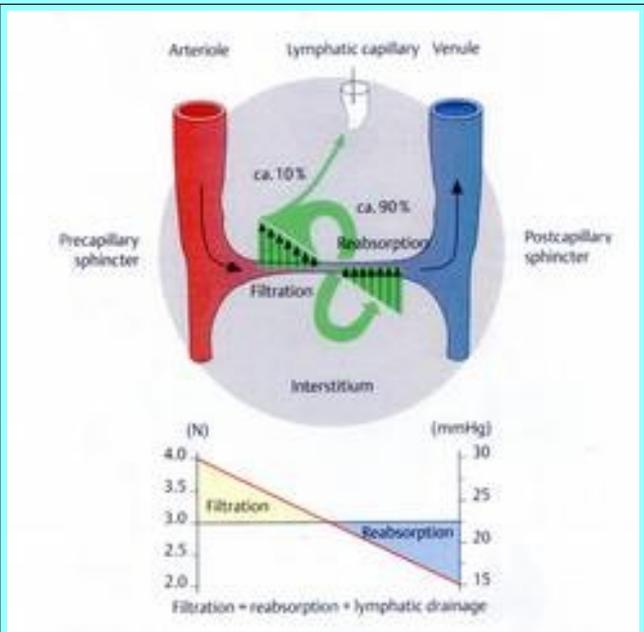
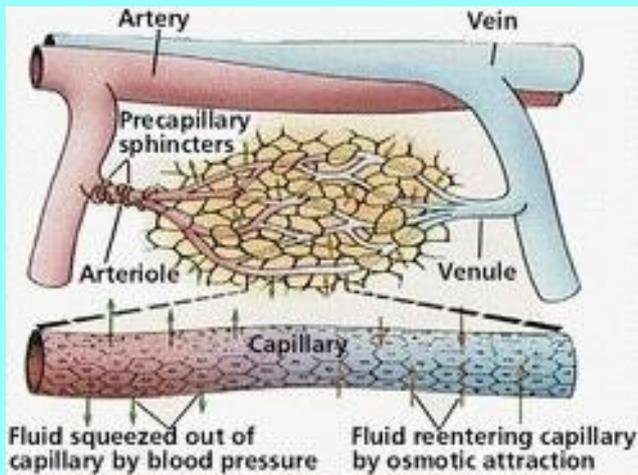
Venice: a nice model of the liquids that surround the cells

# Cardiovascular System





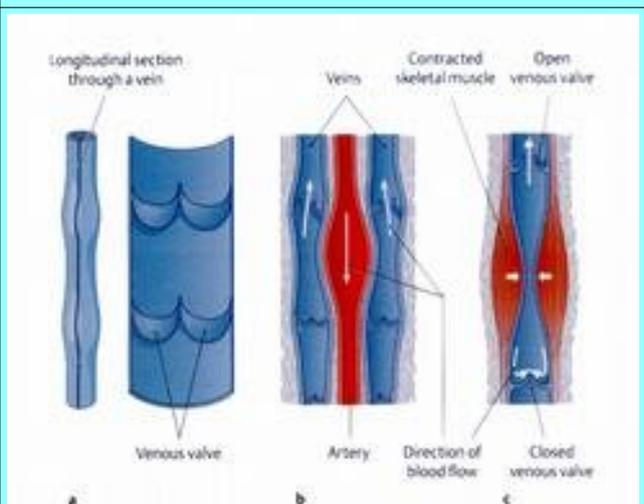
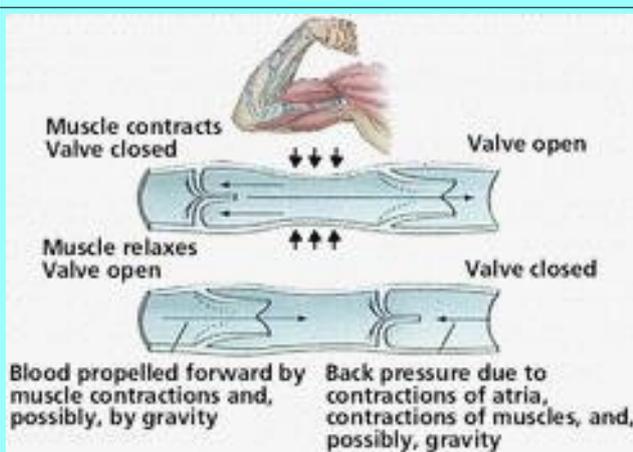
Blood circulation in the bones

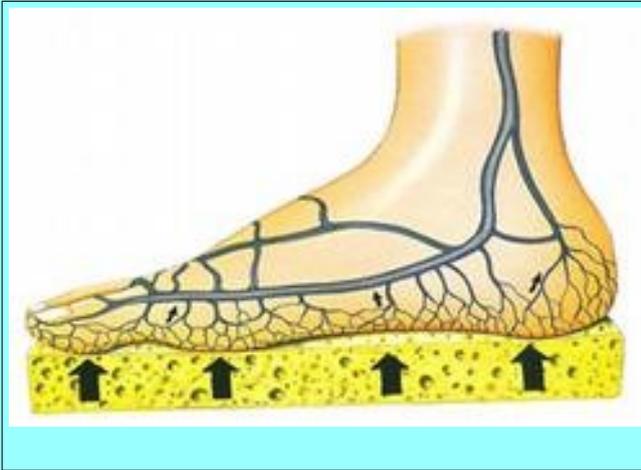


A capillary vessel with red blood cell.  
Diameter about 8 micron.



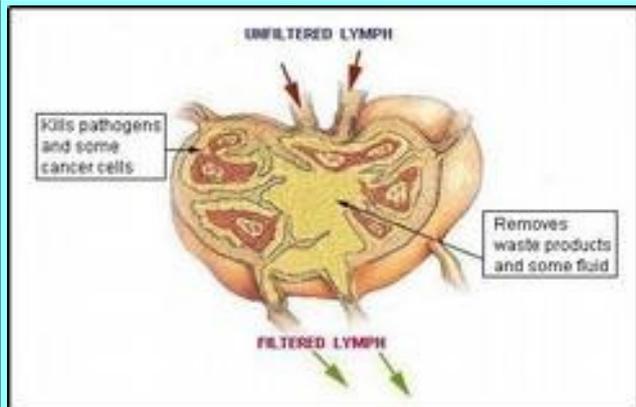
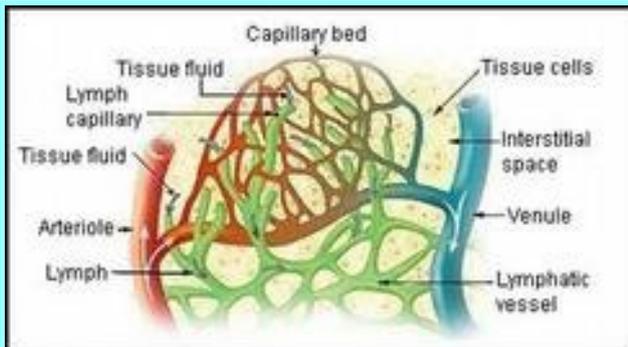
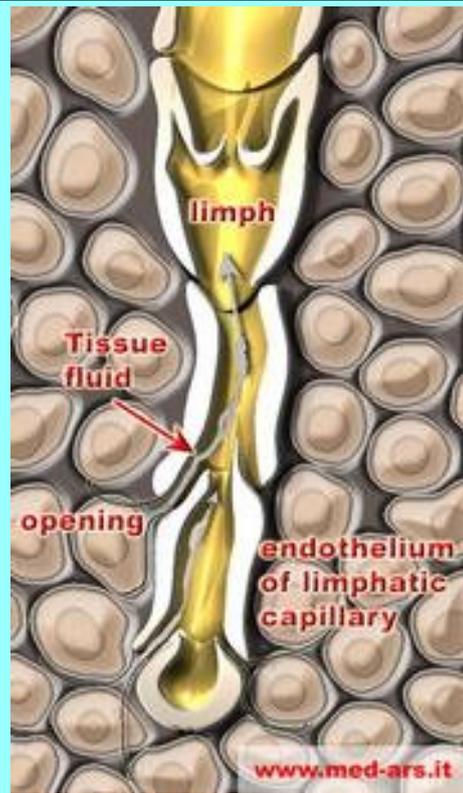
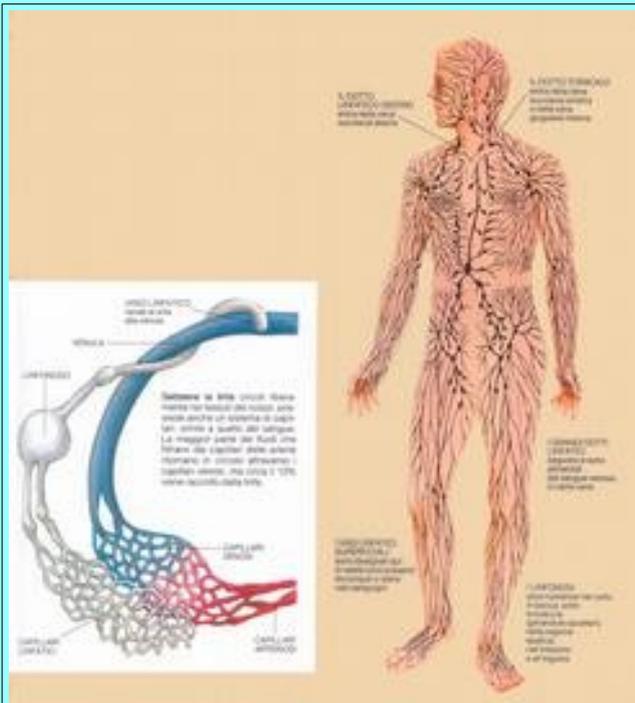
Red blood cells, a white blood cell (green!)  
and platelets (yellow)





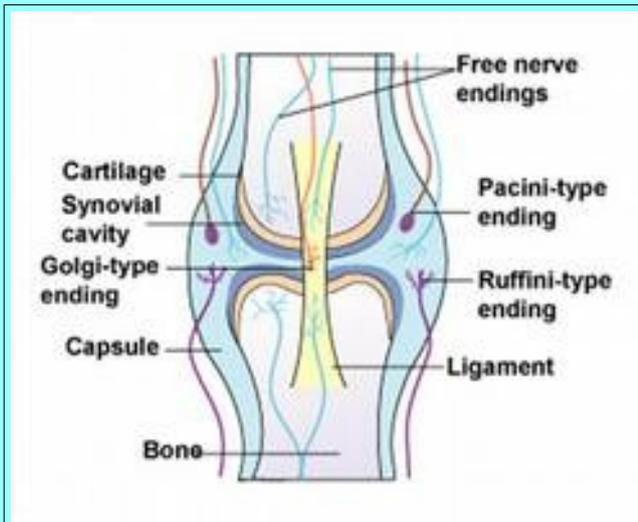
Lejar's pump

# Lymphatic System

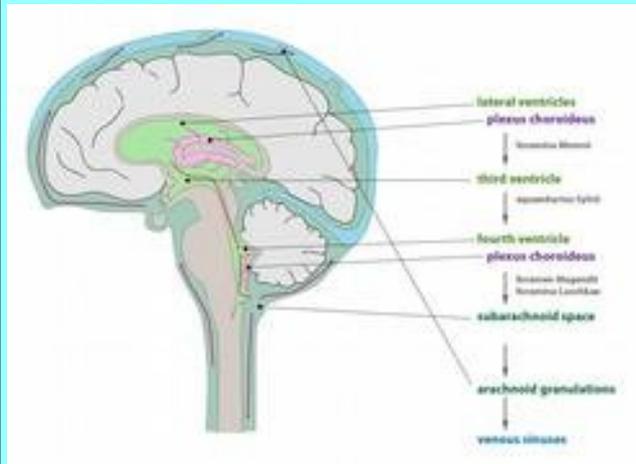


Metaphor of the work of the Immune System in a lymphnode :-)

## Some Other Liquids in the Body



Synovial liquid



Cerebrospinal fluid or liquor



Gastric juices, bile, pancreatic juice

## Bibliography

Just googling you can find serious and authoritative books about physiology. Here are two special essays that are full of clear examples and metaphors: a useful resource to explain in simple ways to my clients and in classes how the human body is made and how it works.

Janyce G. Dyer, *Anatomy & Physiology Made Incredibly Visual* LWW Publishing, 2013

Giulia Enders, *Gut: The Inside Story of Our Body's Most Underrated Organ* Greystone Books, 2015