



Figure 3.2 Position of main abdominal organs in relation to the diaphragm and rib-cage, seen from the front

liver is inside your ribs at about this level (Fig. 3.2). Both the stomach and the liver are partly protected by the ribs, and more at the back than at the front.

Intestines: These fill most of the remainder of the abdomen from below the stomach and liver to the pelvis (Fig. 3.2). They complete digestion of food and enable the useful products to be absorbed into the blood.

Kidneys: We have two kidneys: they filter waste products, excess salt and excess water from the blood.

- Your kidneys lie inside the back of the abdomen, on either side of the spine, about level with the gap you can feel between the bottom of the ribs and the top of the pelvis.

3.2: Nutrition: teeth and dental care

Apart from sugars, our main food-chemicals (starch, proteins and fats) have to be broken down chemically (digested) before the body can absorb and use them. The