

## **THE BODY SIDES**

(Collated by Michelle Wilkinson [www.movingnaturally.co.uk](http://www.movingnaturally.co.uk) )

**The primitive streak, a linear band of thickened epiblast cells, appears within the embryo at around 2 weeks or 15 days. It is this which establishes the human bilateral symmetry.**

**A sense of the primitive streak can be found in the human midline or axis.**

**The bony spine, spinal cord and digestive tract follows the human midline or axis.**

**Some organs are divided in two or paired together to provide a sense of two sides (left & right).**

**There are two brain lobes, two nostrils, two distinct sides to the heart and an ascending and descending large intestine.**

**The **oxygenated blood** (red) flows from the left side of the heart. The **deoxygenated blood** (blue) returns to the heart on the right.**

**There are a pair of ears, eyes, lungs and kidneys.**

**Organs which follow the midline or axis are the brain, nose, mouth, heart, small intestine, womb and bladder. Outside the trunk in males there is the penis.**

**Outside the trunk on either side are the limbs 2 arms & 2 legs; in males there are 2 testicles.**

**The sides of the body are important for trunk stability. Like the seams of a jumper, they join the front to the back.**

**A tight ribcage can push the flesh out at the sides of the waist.**

**The sides of the body support our arms. Notice how you hold your arms and how this might change with your mood; when you are angry, deflated or feeling loving.**

***'To stand side by side', 'Which side are you on?' and 'up in arms'* are expressions associated with the sides of the body and the arms.**

**In Traditional Chinese Medicine (TCM) the Gall Bladder meridian runs from the outside of the head down to the lateral side of the fourth toe. It runs along the outside of each arm ending on the middle finger. The Liver meridian runs from the lateral side of the large toe, up to the inside of the legs, through the groin and up to the outer edges of the torso and neck. It runs along the inside of each arm to the fourth finger.**