

HOMEOSTASIS

DESCRIPTION: the body's attempt to maintain a constant internal environment.

- Maintaining a stable internal environment requires constant monitoring and adjustments as conditions change.**
- Homeostasis is attempting to keep everything in the body stable, balanced, and in a state of equilibrium.**

Examples of homeostasis in the body

- shivering
- goosebumps
- sweating
- thirsty
- hungry
- running a fever when sick

Here are some metaphors for homeostasis:

Temperature Regulation in the Home (Thermostat)



Balancing a scale

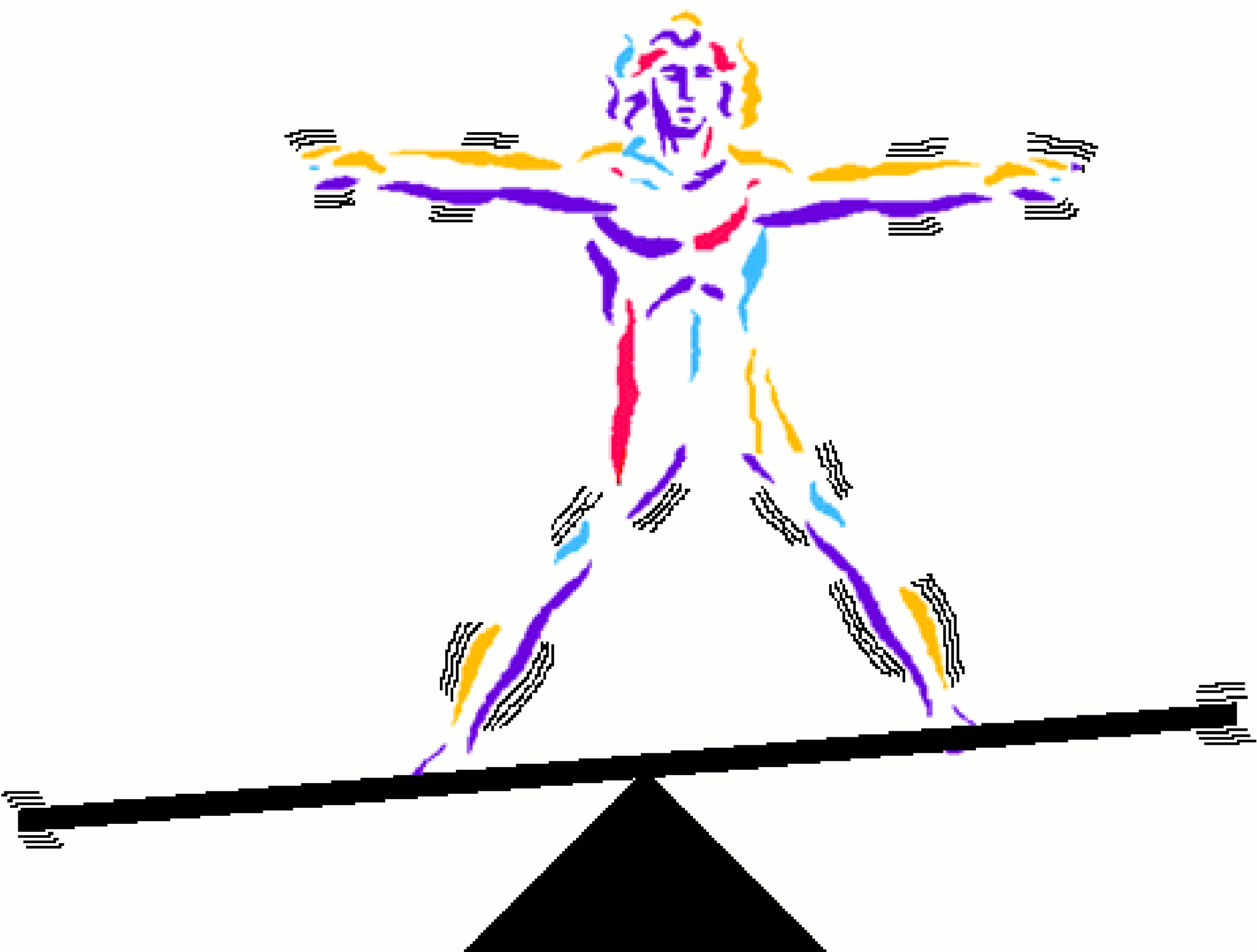


Cruise control in the car:



Leveler:





Conditions that homeostasis tries to keep constant:

- **Temperature control**
- **Amount of water in the body**
- **Amount of glucose (sugar) in the blood stream**
- **Amount of waste in the body**
 - **Levels of oxygen**
 - **Levels of CO₂**
- **Size of pupil (light regulation)**
- **Blood pressure (blood flow)**
 - **Hormone levels**
- **Levels of vitamins & minerals in the blood**

